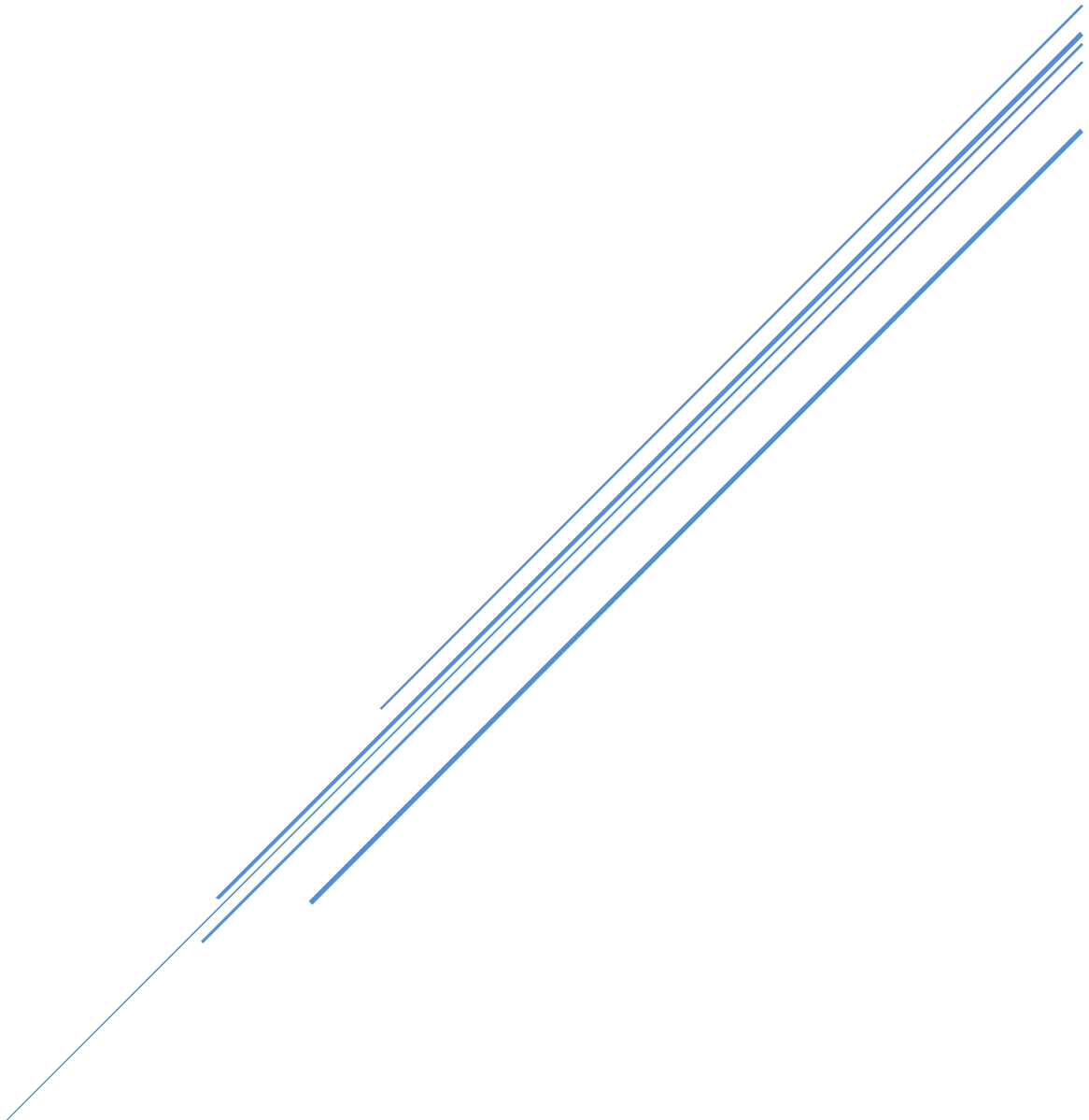


# WHOLE HEALTH FOR MENTAL HEALTH

Participant Workbook (Virtual Course)



April 2021



# WHOLE HEALTH FOR MENTAL HEALTH

## Participant Workbook (Virtual Course)

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## HOW TO USE THIS WORKBOOK

Welcome to the virtual version of the Whole Health for Mental Health course!

This workbook provides activities, directions, and resources that you can use while taking the course.

If you would like to print material for your use while you're taking the course, you may consider printing out only the Activities section (pg. 4 to 32). The Activities section contains directions for breakouts and space to write comments, thoughts, and reflections.

The remainder of the workbook provides resources (such as full versions of select slides and general information) that may be referenced during the course.

## SECTION 1: ACTIVITIES

### SESSION I

#### MODULE 1. WELCOME AND COURSE OVERVIEW

##### BREAKOUT ROOM: INTRODUCTIONS

You'll have **5 minutes** in the breakout room. Each person should answer the following questions (~1 minute each):

- Your **name**
- Your **VA role** and connection to mental health
- What supports **your own mental health**?

##### WRITTEN RELECTION: PERSONAL INTENTION FOR THIS COURSE

What might an intention for this course be for you? For your work, your life, etc.

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## MODULE 2. WHY ARE WE HERE?

### WRITTEN REFLECTION: ORIGIN STORY

Everyone is a hero. We can all touch others in special ways because of why we were put here and what we are here to do. How about you? Please take a few moments to record your thoughts below.

Why are you here?

- In (mental) health care

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- Going to take the Whole Health for Mental Health course?

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What are your superpowers you bring to this field? See Wikipedia on superheroes here: <https://en.wikipedia.org/wiki/Superhero>

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How in your view might mental health care **be** Whole Health Care? Why?

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What are **Strengths** of mental health as a separate specialty field?

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What are **Limitations** of mental health as a separate specialty field?

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Other thoughts about Mental Health and Whole Health?

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## MODULE 3. INTERCONNECTIONS: SELF-CARE

### BREAKOUT: GETTING TO KNOW THE SELF-CARE CIRCLES

You'll have **12 minutes** in the breakout room (and will get a 2-minute warning).

Instructions:

1. You have been assigned to a group (1-8)
2. Your group number will be your self-care topic assignment
3. "Meet" with your group virtually in your meeting room (we will show you how) – make sure to have your Passport available!
4. Your team's worksheet can be found below (each group has its own worksheet to complete, aligned to their assigned self-care topic)
5. As a group, review your Chapter of the Passport and complete handout. You can access the Passport to Whole Health here:  
<https://www.va.gov/WHOLEHEALTHLIBRARY/docs/Passport-to-Whole-Health-3rd-Edition-2018.pdf>
6. Answer the following question: What are options related to your topic that could support you or your Veterans?
7. Choose one person to post your team's responses in the chat area.

**GROUP 1: INTERCONNECTIONS AND SELF-CARE: SURROUNDINGS  
(PASSPORT TO WHOLE HEALTH, CH 6)**

Improve Where You Live:
Get More Organized:
Improve Where You Work:
Improve Emotional Surroundings:
Create Healing Environments:
Reduce Toxins:
Spend Time in Nature:
Other:
Make One Small Change:

**GROUP 2: INTERCONNECTIONS AND SELF-CARE: MOVING YOUR BODY  
(PASSPORT TO WHOLE HEALTH, CH 5)**

Create a Personalized Activity Plan:
Mindful Movement:
Track Your Progress:
Take a Class:
Work with an Expert:
Other:
Make One Small Change:

**GROUP 3: INTERCONNECTIONS AND SELF-CARE: FOOD & DRINK  
(PASSPORT TO WHOLE HEALTH, CH 8)**

Create Your Own Food & Drink Plan:
Learn More About Preparing Meals:
Eat Mindfully:
Tailor Your Eating to Your Health Needs:
Work with a Dietitian:
Other:
Make One Small Change:

**GROUP 4: INTERCONNECTIONS AND SELF-CARE: RECHARGE  
(PASSPORT TO WHOLE HEALTH, CH 9)**

Sleep Better:
Take Breaks:
Boost Your Energy:
Take Time Just for You:
Work with an Expert:
Other:
Make One Small Change:



**GROUP 5: INTERCONNECTIONS AND SELF-CARE: FAMILY, FRIENDS & COWORKERS (PASSPORT TO WHOLE HEALTH, CH 10)**

Connect with Loved Ones:
Connect with Other Veterans and Community:
Improve Communication:
Practice Compassion:
Work with an Expert:
Other:
Make One Small Change:

**GROUP 6: INTERCONNECTIONS AND SELF-CARE: SPIRIT & SOUL  
(PASSPORT TO WHOLE HEALTH, CH 11)**

Explore Values, Meaning and Purpose:
Consider if Spiritual Practices are for you:
Work with Grief, Moral Injury, and Recover:
Explore Forgiveness:
Work with an Expert:
Other:
Make One Small Change:

**GROUP 7: INTERCONNECTIONS AND SELF-CARE: PERSONAL DEVELOPMENT  
(PASSPORT TO WHOLE HEALTH, CH 7)**

Build Hope and Optimism:
Find Balance:
Create and Learn:
Give:
Be Grateful (Count Your Blessings):
Increase Humor:
Be More Resilient:
Other:
Make One Small Change:

**GROUP 8: INTERCONNECTIONS AND SELF-CARE: POWER OF THE MIND  
(PASSPORT TO WHOLE HEALTH, CH 12)**

Relax! Work with Stress:
Try a Mind-Body Approach:
Improve Emotional Health:
Work with Habits:
Work with an Expert:
Other:
Make One Small Change:

## MODULE 4. INTERCONNECTIONS: PROFESSIONAL CARE

### BREAKOUT ROOM: YOUR EXPERIENCE WITH CIH AND MENTAL HEALTH

You'll have **5 minutes** in the breakout room.

- How do you define CIH (complementary and integrative health)?
- Have you experienced some approaches yourself?
- Discussed them?
- Recommended them? Discouraged them?
- Do you practice some of them?

### WRITTEN REFLECTION: LET'S TALK ABOUT LIST ONE

As 4 of the 8 List One approaches are discussed, write down ideas. What can you start using the next time you work with a Veteran?

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### WRITTEN REFLECTION: THOUGHTS ABOUT CIH APPROACHES

What are your thoughts about incorporating or referring for CIH approaches in your work? Take a few minutes to reflect and write down your ideas.

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# PERSONAL HEALTH INVENTORY

Use this circle to help you think about your whole health.

- All areas are important and connected
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community



Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

Physical Well-Being				
1 Miserable	2	3	4	5 Great
Mental/Emotional Well-Being				
1 Miserable	2	3	4	5 Great
Life: How is it to live your day-to-day life				
1 Miserable	2	3	4	5 Great

What is your mission, aspiration, or purpose? What do you live for? What matters most to you?

Write a few words to capture your thoughts:

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## Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be.” Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

Areas of Whole Health	Where I am Now (1-5)	Where I Want to Be (1-5)
<b>Moving the Body:</b> Our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Moving the body can take many forms such as dancing, walking, gardening, yoga, and exercise.		
<b>Recharge:</b> Our bodies and minds must rest and recharge in order to optimize our health. Getting a good night’s rest as well as recharging our mental and physical energy throughout the day are vital to well-being. Taking short breaks or doing something you enjoy or feels good for moments throughout the day are examples of ways to refresh.		
<b>Food and Drink:</b> What we eat and drink can have a huge effect on how we experience life, both physically and mentally. Energy, mood, weight, how long we live, and overall health are all impacted by what and how we choose to eat and drink.		
<b>Personal Development:</b> Our health is impacted by how we choose to spend our time. Aligning our work and personal activities with what really matters to us, or what brings us joy, can have a big effect on our health and outlook on life.		
<b>Family, Friends, and Co-Workers:</b> Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being. Spending more time in relationships that ‘fuel’ us and less in relationships that ‘drain’ us is one potential option. Improving our relationship skills or creating new relationships through community activities are other options to consider.		
<b>Spirit and Soul:</b> Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Connecting and aligning spiritually is very individual and may take the form of religious affiliation, connection to nature, or engaging in things like music or art.		
<b>Surroundings:</b> Our surroundings, both at work and where we live, indoors and out, can affect our health and outlook on life. Changes within our control such as organizing, decluttering, adding a plant or artwork can improve mood and health.		
<b>Power of the Mind:</b> Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping. Breathing techniques, guided imagery, Tai Chi, yoga, or gratitude can buffer the impact of stress and other emotions		
<b>Professional Care:</b> “Prevention and Clinical Care” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health		

### Reflections

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing?

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Are there any areas you would like to work on? Where might you start?

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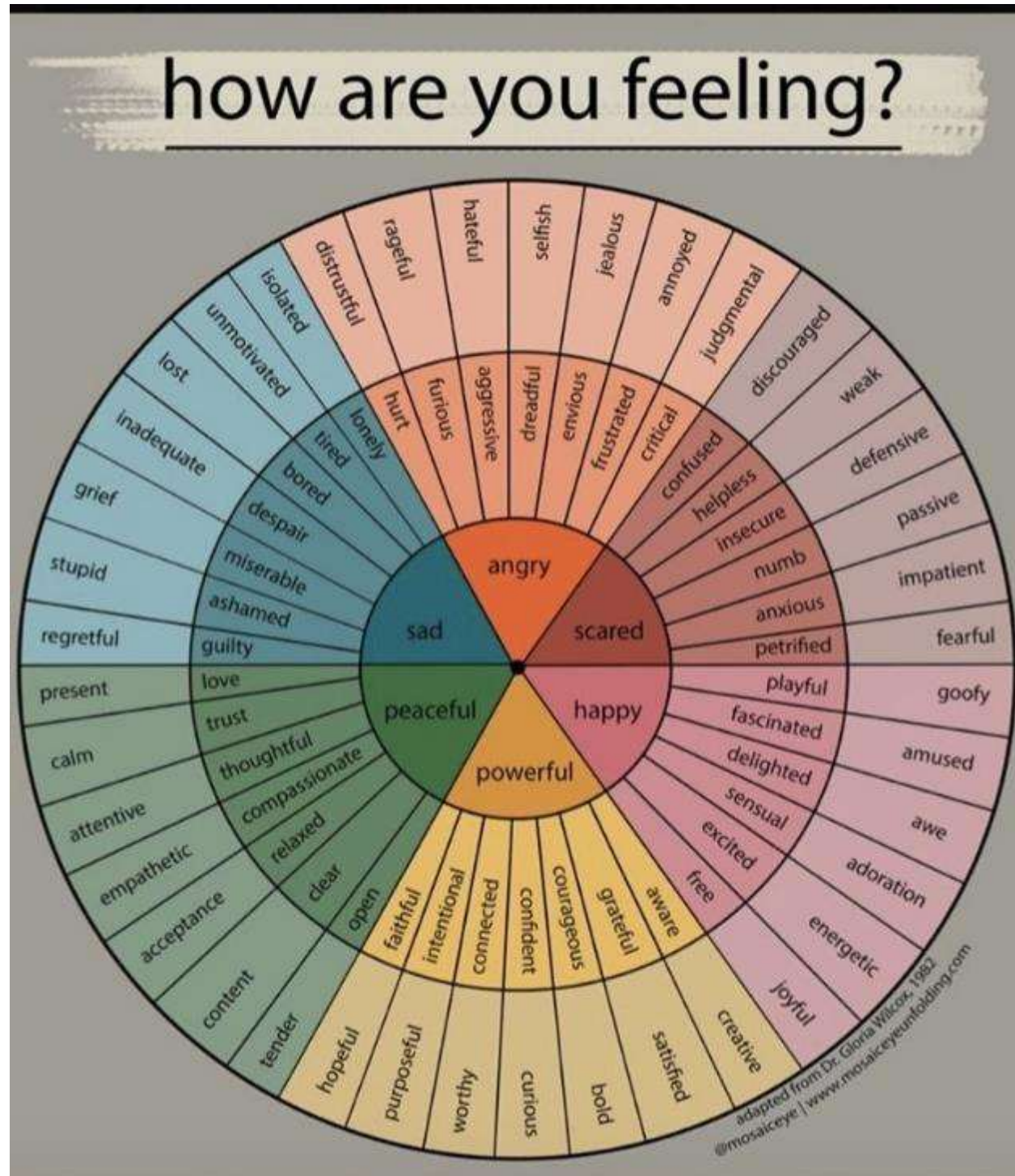
**After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.**



## SESSION II

### MODULE 9. OUR EMOTIONS, PART 1

#### RESOURCE: EMOTION WHEEL





## WRITTEN REFLECTION: APPLYING THIS IN YOUR WORK

Please take moment and consider these questions. Write down your ideas.

- How might you incorporate emotional health more fully into the care you provide Veterans?

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- What about your own self-care?

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## MODULE 10. SKILL APPLICATION, PART 1: YOUR PERSONAL MENTAL HEALTH PLAN

### BREAKOUT: BURNOUT AND EMPATHY FATIGUE

You'll have **5 minutes** in the breakout room (and will get a 2-minute warning).

Consider these questions. Burnout and empathy fatigue:

1. What are they?
2. What causes them?
3. What are some solutions?
4. **What is your personal/professional experience with them? What are YOUR solutions?**

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## BREAKOUT: RESILIENCE AND ENGAGEMENT

You'll have **5 minutes** in the breakout room (and will get a 2-minute warning).

Consider these questions. Resilience and engagement:

1. What are they for you?
  2. What fosters them?
  3. What is your experience with them?
  4. **What do you personally need to cultivate them even more, at this point in your life?**
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## BREAKOUT: PHI (PERSONAL HEALTH INVENTORY) CHATS

You'll have **24 minutes total** in the breakout room. There will be two sessions of 10 minutes, with a 2 minute debrief. At the close of each 10-minute session, there will be a **2minute debrief** on what was helpful and what wasn't.

**The Task:** Practice a Whole Health for Mental Health visit using your completed PHI. (You can find a copy of the short PHI (which you filled out in an earlier activity) in the Activities section, pg. 16-17.)

**The How:** You'll be moving to a breakout room in a group of two. One person is the WH asker (clinician), and one person is the WH sharer (you as you).

**The Time:** You'll have 10 minutes in each role, followed by a 2-minute debrief, and then you'll change roles.

**Note:** In addition to reviewing your PHI, you may also wish to review Tony's PHI (in the Resources section, pg. 45-46) and Melissa's PHI (in the Resources section, pg. 48-49).

The steps for this Whole Health PHI discussion:

1. Introduce your partner to Whole Health
2. Summarize his/her/their MAP
3. Choose a Circle and Set a Shared MENTAL HEALTH Goal – just one for now! SMART goals a bonus, but not required
4. Create a REAL follow up plan (something for tonight)

## SESSION III

### MODULE 11. OUR EMOTIONS, PART 2: WHOLE HEALTH FOR MOOD DISORDERS

#### BREAKOUT: HELPING TONY WITH DEPRESSION

You'll have **5 minutes** in the breakout room (and will get a 2-minute warning).

Consider these questions:

1. List 2 self-care suggestions you'd use to help Tony with his depression. (For more information about Tony, see the Resources section for Tony's patient vignette, pg. 44, and Tony's PHI, pg. 45-46.)
2. List 2 professional care approaches
3. Discuss how each of you would contribute

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### MODULE 12. BEHAVIORS AND CHOICES, PART 1: HEALTHY PATTERNS

#### WRITTEN REFLECTION: HABITS

Write about a time when you or a patient successfully started a "good" habit or broke a "bad" habit.

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What cue, routine, and reward made the success possible?

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## MODULE 14. OUR BEHAVIORS AND CHOICES, PART 2: UNHEALTHY PATTERNS

### BREAKOUT: WHAT'S THE PLAN

You'll have **5 minutes** in the breakout room (and will get a 2-minute warning).

You'll need the following resources:

- Tony's PHI (Resources section, pg. 45-46)
- Substance Use: Self-Care Options (Resources section, pg. 64)
- Substance: Professional Care (Resources section, pg. 65)

Consider this question: Based on Self-Care and Professional Care, what might you consider for Tony and his habits?

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## MODULE 15. FINDING PEACE AND EASE, PART 1: WORKING WITH STRESS

### BREAKOUT: ANXIETY

You'll have **5 minutes** in the breakout room (and will get a 2-minute warning).

You'll need the following resources:

- Mel's PHI (Resources section, pg. 48-49)
- Anxiety: Self-Care Options (Resources section, pg. 66)
- Anxiety: Professional Care (Resources section, pg. 67)

Consider these questions:

1. What is your top Self-Care suggestion for Mel?
2. What is your top Professional care rec, beyond what you would usually do?
3. How could you work with her in your different roles?

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## MODULE 16. SKILL APPLICATION, PART 2: YOUR PRACTICE, YOUR TEAM

### BREAKOUT: YOUR ROLE IN A WHOLE HEALTH TEAM

You'll have **10 minutes** in the breakout room (and will get a 5- and 2-minute warning).

You'll need the following resource: Tony's PHI (Resources section, pg. 45-46).

1. Your VA has instituted a new Whole Mental Health Clinic! Meet your new team!
2. Introduce yourself and share how your role supports Whole Mental Health Care.
3. Consider Tony's PHI. How could your team work together to support Tony's Personal Health Plan moving forward?

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### WRITTEN REFLECTION: ONE THING

Please take moment and write down one thing you can do to enhance the function of a team you are on.

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## SESSION IV

### MODULE 19. FINDING VITALITY AND WHOLENESS, PART 1: SUICIDE PREVENTION

#### WRITTEN REFLECTION: REFLECT ON A TIME WHEN SUICIDE AFFECTED YOUR LIFE

Please take a few moments and reflect on a time when suicide affected your life. This is for your individual reflection only.

- What strength got you through?

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- What insights have you gained?

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- How do you use this in your work?

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### MODULE 20. FINDING VITALITY AND WHOLENESS, PART 2: MEANING AND PURPOSE

#### BREAKOUT: CONTRIBUTORS TO VITALITY

You'll have **10 minutes** in the breakout room (and will get a 5- and 2-minute warning).

- Once in the breakout room, assign a scribe/presenter and timekeeper
- The scribe will use the human outline on pg. 25 to write down the group's vitality words in response to: what makes you feel vital?
- **Note:** Individuals can take notes in their own workbooks as well; however, only one person will share an image on behalf of the group.
- Upon return to the classroom, each team's scribe will present their vital human!



## WRITTEN REFLECTION: BEFORE YOU HEAD BACK TO WORK

Please take a few moments and consider one key way you can apply what you have learned in this course to your care of Veterans.

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MODULE REFLECTIONS: HOW TO APPLY WHOLE HEALTH

Use this section to jot down ideas you have about how you will apply and implement what you are learning.

Module 1. Welcome and Course Overview

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Module 2. Why Are We Here?

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Module 3. Interconnections I: Self-Care

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## Module 4. Interconnections II: Professional Care

[illegible]

## Module 5. Introducing...Tony and Melissa

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## Module 6. Thinking and Cognition, Part 1: Whole Health and Your Brain

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Module 7. Thinking and Cognition, Part 2: Thinking Healthy Thoughts

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Module 8. The Power of Meditation and Clinical Hypnosis

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Module 9. Our Emotions, Part 1: Feelings Have Power

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Module 10. Implementation, Part 1: Your Personal Mental Health Plan

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Module 11. Our Emotions, Part 2: Whole Health for Mood Disorders

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Module 12. Our Behaviors and Choices, Part 1: Healthy Patterns

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Module 13. The Power of Biofeedback and Guided Imagery

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Module 14. Our Behaviors and Choices, Part 2: Unhealthy Patterns

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Module 15. Finding Peace and Ease, Part 1: Working with Stress

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Module 16. Implementation, Part 2: Your Practice, Your Team

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Module 17. Finding Peace and Ease, Part 2: Trauma

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Module 18. Mindful Awareness: Just Like Me

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Module 19. Finding Vitality and Wholeness, Part 1: Suicide Prevention

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Module 20. Finding Vitality and Wholeness, Part 2: Meaning and Purpose

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Module 21. Implementation, Part 3: The Next Level

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## SECTION 2: RESOURCES

### WELCOME

Welcome to the Whole Health for Mental Health course! This course is brought to you by the Veterans Health Administration (VHA) Office of Patient Centered Care and Cultural Transformation (OPCC&CT), which was established in 2011 to lead *one of the most massive changes in the philosophy and process for care delivery ever undertaken by an organized health care system*. Whole Health is included within VA's strategic goals for 2019-2024, and Whole Health Systems are now under development in all 18 VISNs, with rapid and successful spread to all VA sites being the ultimate goal.

The Whole Health approach for any given Veteran is built around his or her values. What matters most? Why do they want to be healthy in the first place? Focusing on someone's mission, aspiration, and purpose engages them. Teams can empower and equip Veterans with the tools they need to reach their goals. The Whole Health approach builds on the successes of other programs and offers an overarching philosophy that can inform any type of patient care. It applies to inpatient *and* outpatient, for acute *and* chronic conditions. This is true whether those conditions are considered "mental" or "physical"; in fact, this course focuses on how that divide may not be useful when it comes to optimally taking care of people.

Incorporating the Whole Health framework requires a paradigm shift from problem-based, disease-focused care to Whole Health Care, which is a more expansive and inclusive model. This course is designed to help you, someone who participates in mental health care for Veterans, to take part in that paradigm shift. VA defines Whole Health as patient-centered care that affirms the importance of the partnership between the clinician and the patient. The focus is on the whole person. It involves co-creating a personalized, proactive, and patient-driven experience. It is informed by evidence and makes use of all appropriate therapeutic approaches, health care professionals, and disciplines to achieve optimal health and well-being.

As they move through the Whole Health System, Veterans are encouraged to complete a Personal Health Inventory (PHI), a tool that helps them reflect on their values, priorities, self-care goals, and their vision of what it means to live life fully. Using information from the PHI and other assessment tools, and based on shared patient and clinician goals, a Personal Health Plan (PHP) is co-created by the Veteran and their care team. The plan is evidence-based. It is built upon self-care and empowerment for the individual; it enlists both conventional and complementary approaches as appropriate; and it leverages support systems inside VA and in the community. The PHP follows Veterans through the system and, ideally, can draw Whole Health into every aspect of their care.

We wish you well as you explore how the Whole Health approach can support you in your practice, your broader team, your department, your facility, and even the health care system in general. The intent is that this course can also support you with your own self-care and connect you back to why you chose to be a health care professional in the first place. Thank you for joining us!

## ABOUT THE COURSE

Whole Health for Mental Health explores how Whole Health can support mental health care in the VA. This two-day course shifts the perspective away from mind-body dualism and toward a system of care where mental health is seamlessly incorporated as a core aspect of whole-person care. The course highlights the connections between mental health (and Power of the Mind) and each of the components of the Circle of Health, including mindful awareness and the various aspects of self-care (e.g. Food and Drink, Moving the Body, Surroundings, Spirit and Soul, Personal Development, Recharge, and Family, Friends, and Co-Workers). It focuses on the importance of professional care provided by well-informed, carefully coordinated transdisciplinary teams. Course participants discuss the latest research in complementary and integrative health (CIH) related to mental health care within a broader context. They learn about resources that can inform “Whole Mental Health,” and they explore how to overcome the stigma that often surrounds mental health conditions and their treatment. In short, this course is designed to help clinicians bridge mental health care with every other aspect of Veterans’ lives.

Whole Health for Mental Health is designed for clinicians who support Veterans who have mental health conditions. It is intended to support anyone who would like to focus more on “Power of the Mind” as they are helping Veterans create PHPs, including Whole Health Partners. The course focuses on prevention of mental health problems as well as their treatment. Whole Health for Mental Health draws from the group wisdom of participants and gives them the opportunity to network, share their successes and challenges, and explore how to make care in VA even better.

The course is built upon innovative approaches that are already being used by some clinicians to support mental health and health in general. An individualized approach to care that is based on a person’s core values is central, and the course draws in positive psychology, the recovery model, psychotherapeutic approaches, posttraumatic growth, and the best that conventional care and CIH have to offer.

During this course, you are invited to:

- Help lead the charge with advancing Whole Health Care in VA.
- See why VA is especially suited to advancing Whole Mental Health in ways that will inform future directions for the entire U.S. health care system.
- Explore how you can make the care of Veterans even better, in terms of preventing and addressing mental health conditions, and in terms of whole-person care.
- Bridge, and perhaps even reconcile, the mind-body divide, exploring how care can shift if we reframe our perspectives on the interconnections between mental and other aspects of health.
- Receive evidence-based tools and information related to Whole Health for yourself, your patients, and your co-workers.
- Share your experiences and your wisdom with your colleagues as you join the ranks of your local—and national—Whole Health community.



- Take time to pause and focus on what you need to take care of yourself and others. What do you need for your Whole Health? How are you doing in terms of resilience, emotional well-being, and addressing stress? What would support your own mental health?

## COURSE LEARNING OBJECTIVES

- Explore the power of the Whole Health approach when it comes to working with mental health conditions, moving beyond models that treat mind and body as separate.
- Demonstrate how all the areas of the Circle of Health are relevant for mental health. This may include preventing mental health challenges, building mental health skills, and addressing mental health conditions, such as PTSD, depression and other mood disorders, substance use, psychoses, suicide, and other mental health-related conditions.
- Focus on the importance of transdisciplinary teams for supporting mental health, including programs that integrate mental health professionals into primary care and other teams.
- Explore evidence-informed use of integrative care to support mental health.
- Gain familiarity with a number of tools and skills that can support Whole Mental Health.
- Explore how what you learn about Whole Health can benefit your own self-care and mental well-being.
- Confidently incorporate Whole Health into your clinical work, as appropriate for your scope of practice.
- Empower Veterans to build or elaborate upon their PHPs, both in relation to their mental health concerns as well as their overall health.
- Make care more values-driven, honoring what really matters to each Veteran and engaging them in their care as fully as possible.

## ACCREDITATION

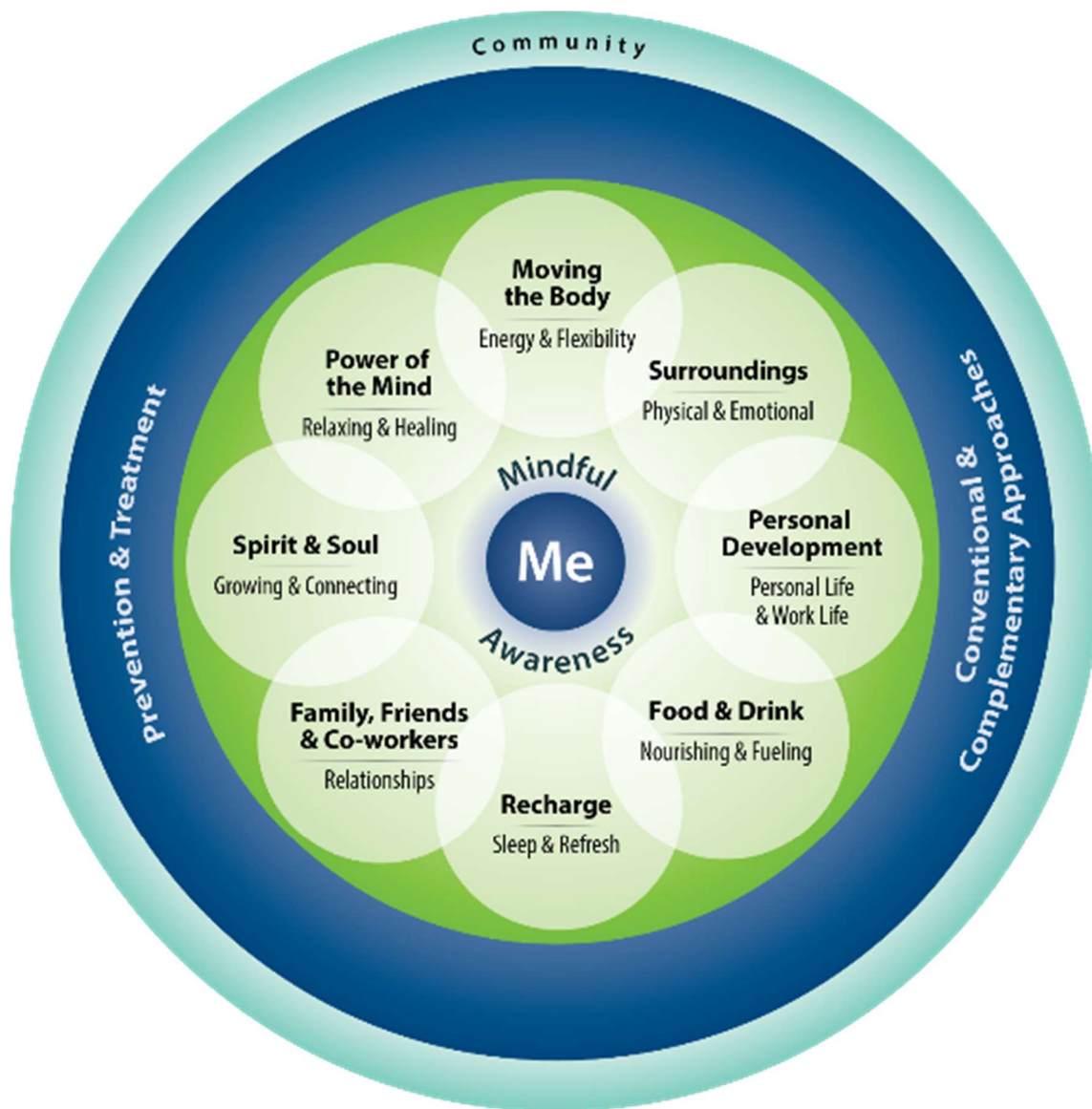
ACCME, ACCME-NP, ACPE, APA, ANCC, ASWB, CDR, and NYSED SW accreditation (14 hours) is available. Attendance at the two days of training is a requirement of the course and for obtaining Continuing Educations (CEU) credits available through EES.



U.S. Department of Veterans Affairs

Veterans Health Administration  
Office of Patient Centered Care and  
Cultural Transformation

## The Circle of Health



To learn more visit: <https://www.va.gov/WHOLEHEALTH/>

## WHOLE HEALTH SYSTEM DIAGRAM

### Key Elements of the Whole Health System



## PRIMARY WHOLE HEALTH RESOURCES

**Passport to Whole Health:** The *Passport to Whole Health* is distributed in hard copy at courses and serves as a basic, yet comprehensive reference manual on the Whole Health System and approaches to Whole Health Care. The [Passport](#) is also available online. The manual begins with introductory chapters covering the system, the Circle of Health, Whole Health assessment tools, and personal health planning. Subsequent chapters cover each of the eight areas of self-care within the Circle of Health, as well as the fundamentals of complementary and integrative health. Whole Health Tools on a variety of specific topics are found throughout the manual to support the practicalities of application.

**Course PPTs and the Whole Health Library:** The [course PPTs](#) can be found on the [Whole Health Library](#) website, <https://www.va.gov/wholehealthlibrary/>. The website offers extensive materials related to Whole Health implementation and Whole Health care, including a number of handouts for Veterans.



Besides the Whole Health Library website, there are two additional primary and comprehensive Whole Health websites.

**VA Whole Health.** Internet site for Veterans and their families, as well as for clinicians.  
<https://www.va.gov/WHOLEHEALTH/>

**VHA Office of Patient Centered Care and Cultural Transformation Whole Health SharePoint Education Hub.**

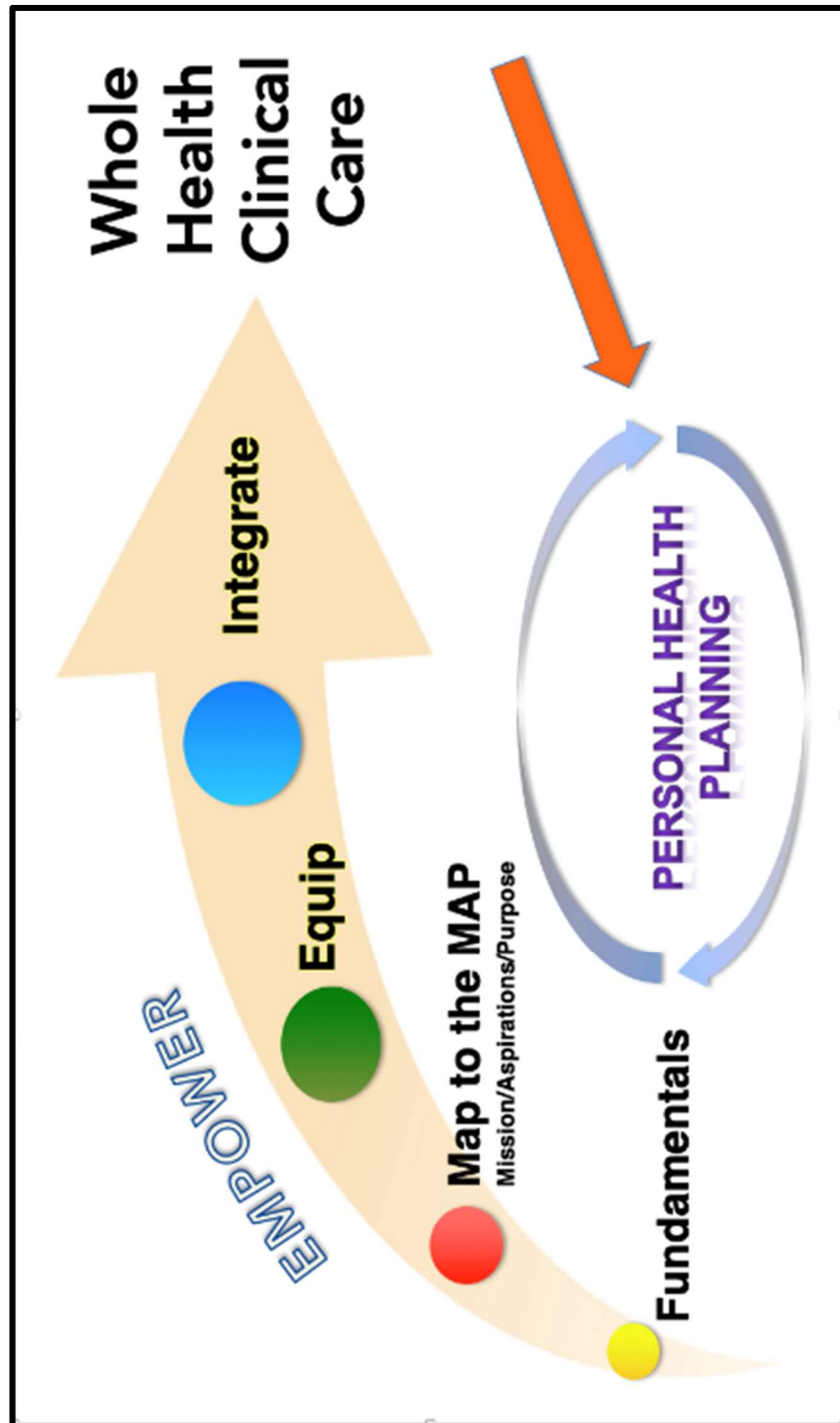
<https://dvagov.sharepoint.com/sites/VHAOPCC/Education/SitePages/Home.aspx?AjaxDelta=1&isStartPlt1=1565725923678>

**OPCC&CT Field Implementation Team Program and Consultants.**

<https://dvagov.sharepoint.com/sites/VHAOPCC/SitePages/Field-Implementation-Teams.aspx>

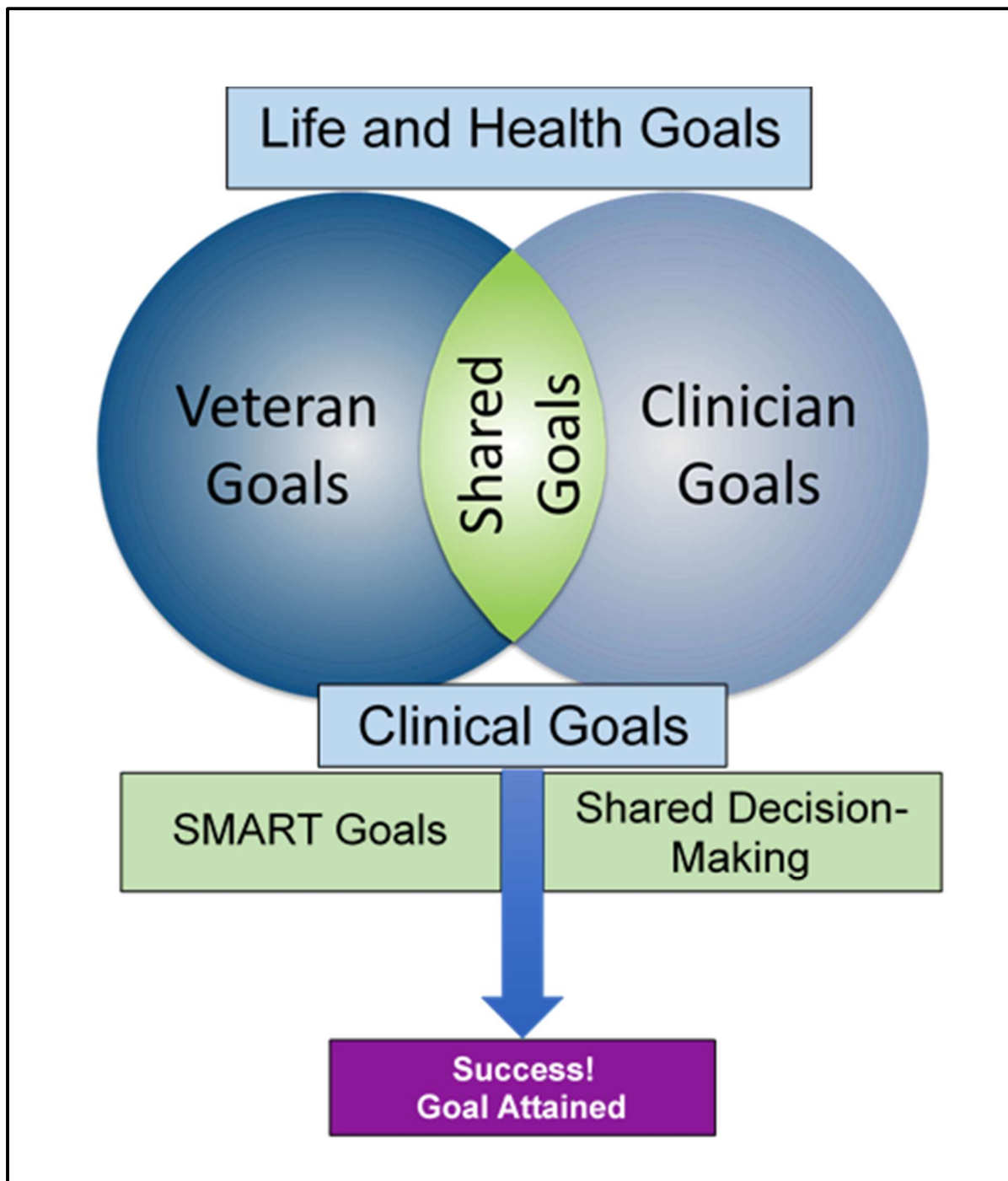
## KEYS TO PERSONAL HEALTH PLANNING

### THE JOURNEY TO WHOLE HEALTH CLINICAL CARE



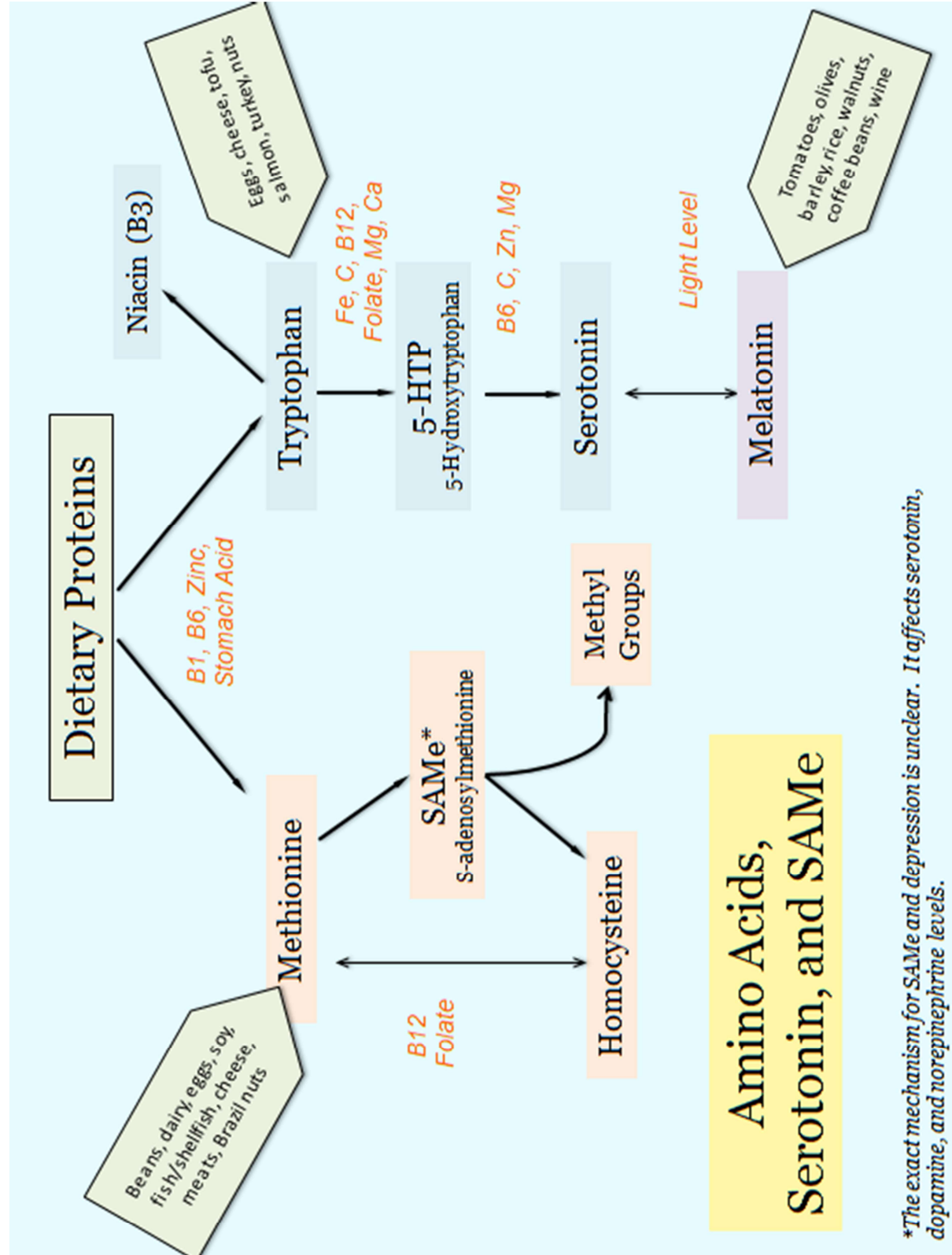


## SHARED GOAL SETTING

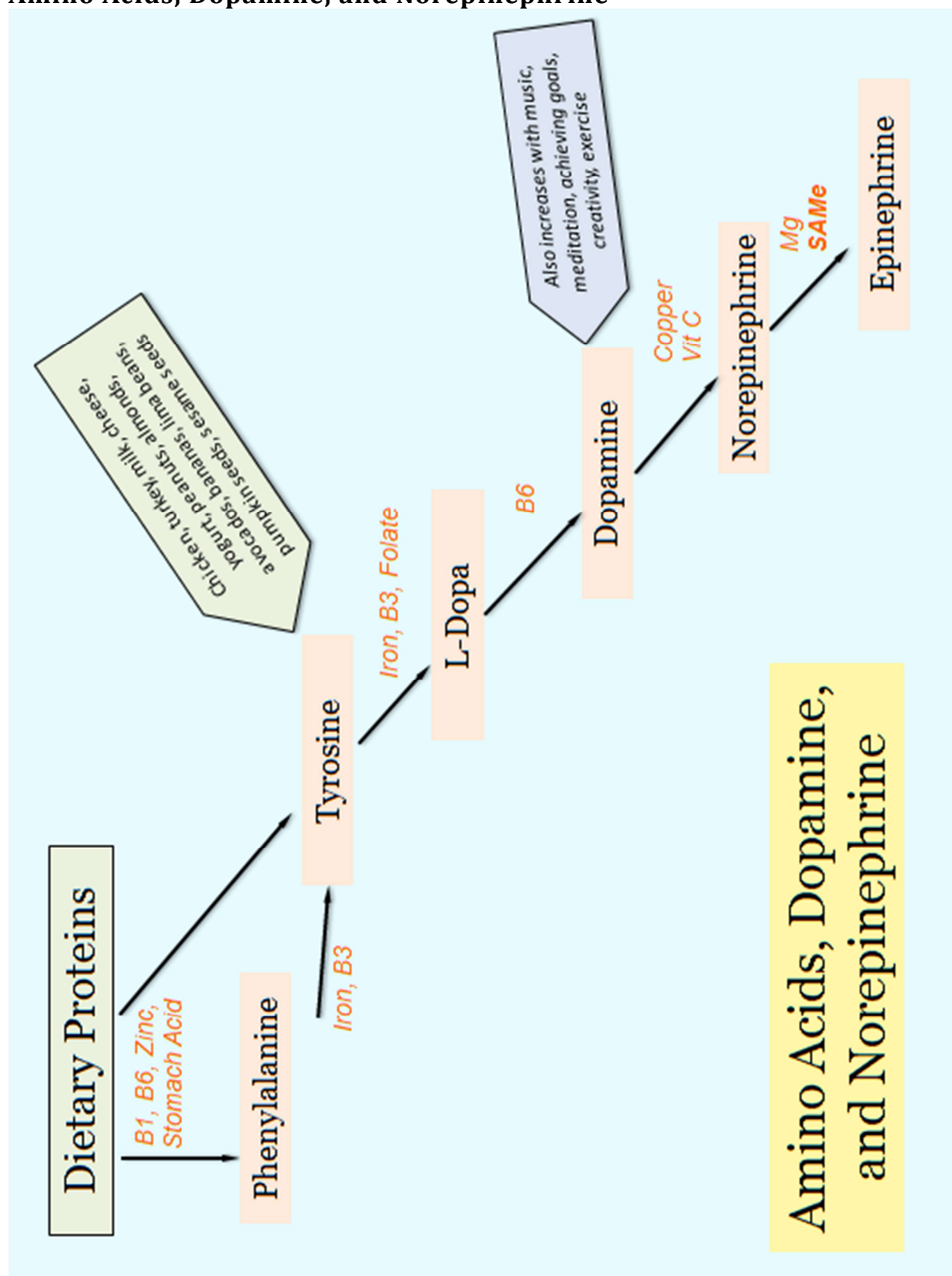


## IMPORTANT BIOCHEMICAL PATHWAYS

### Amino Acids, Serotonin, and SAME

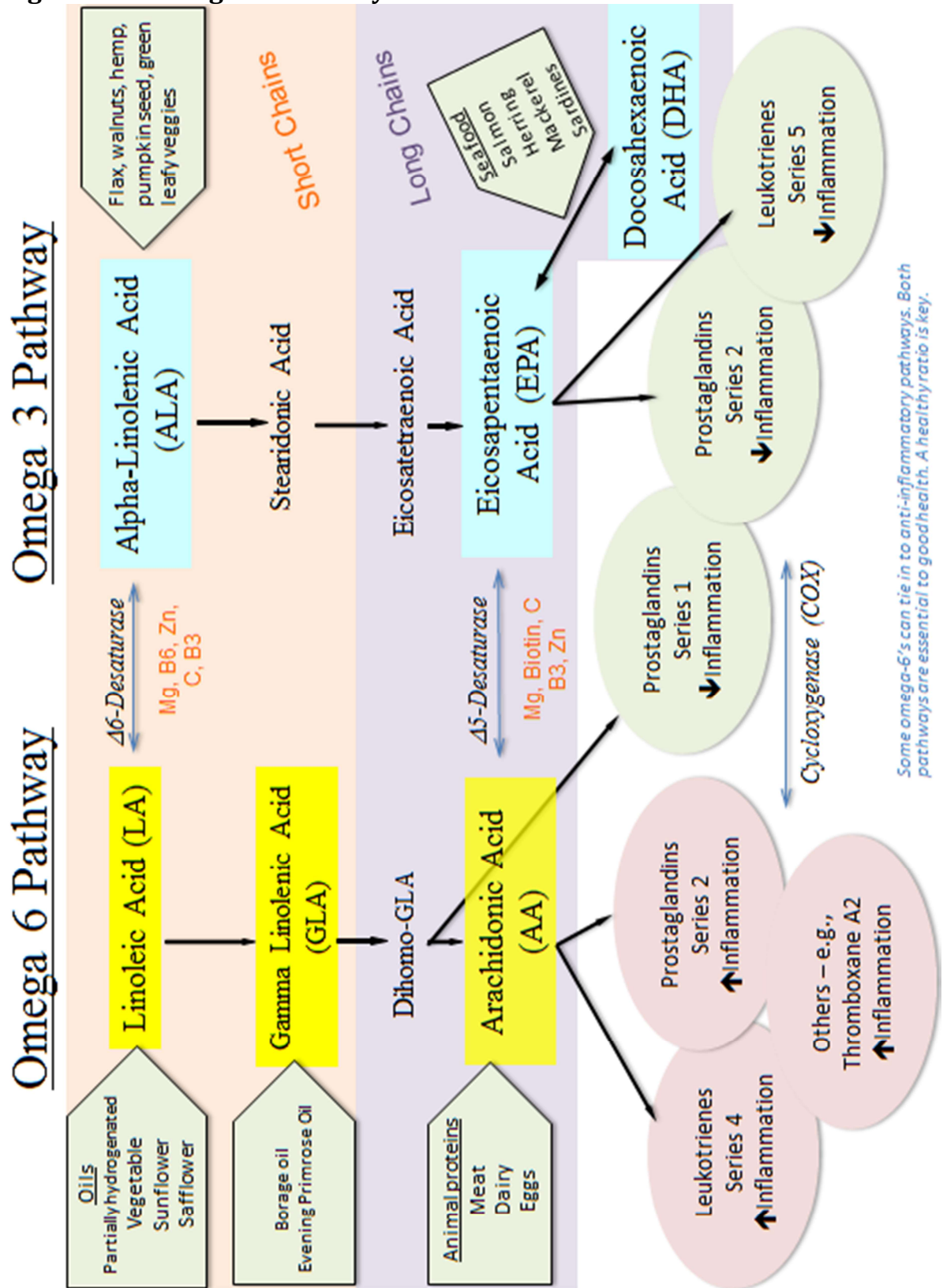


## Amino Acids, Dopamine, and Norepinephrine





## Omega 6 and Omega 3 Pathways



## PATIENT VIGNETTE: TONY LOPEZ

Tony Lopez is a 36-year-old Army Veteran. He served for four years but did not see combat. He established primary care in VA six months ago. He has multiple chronic problems, including:

- Feeling more down for the past year. Previously diagnosed with major depressive disorder. Denies suicidal thoughts
- Insomnia. This has been going on since he was a teen. He sleeps 5-6 hours per night, with multiple awakenings
- Low back pain, which has been present on and off since basic training 17 years ago. Imaging studies are normal
- Headaches, tension type, which have been more severe in the past year. Has tried assorted medications, including several that are typically used for migraines, with no success
- Impaired fasting glucose. His last fasting glucose was 120
- Drinks “a few beers” most days of the week
- Tobacco use. Has smoked ½ packs per day for 20 years

Tony works as an insurance adjuster. He has been married to his wife, Amy, for eight years. They have two children, Liza age 8, and Ricky 6. His marriage has been strained, and he and Amy have considered separating. His family history is noteworthy for a mother and brother with memory problems, depression in his mother and maternal grandmother, and his father dying at age 62 from a heart attack.

# Personal Health Inventory-Tony

Use this circle to help you think about your whole health.

- All areas are important and connected
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community



Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

Physical Well-Being				
1 Miserable	2	3	4	5 Great
Mental/Emotional Well-Being				
1 Miserable	2	3	4	5 Great
Life: How is it to live your day-to-day life				
1 Miserable	2	3	4	5 Great

What is your mission, aspiration, or purpose? What do you live for? What matters most to you?

Write a few words to capture your thoughts:

I live for my wife and kids. I work hard to support them. I want to feel less stressed and sleep better.

I don't want to have a heart attack like my dad. I'd like to be happy.

## Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be.” Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

Areas of Whole Health	Where I am Now (1-5)	Where I Want to Be (1-5)
<b>Moving the Body:</b> Our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Moving the body can take many forms such as dancing, walking, gardening, yoga, and exercise.	<b>3</b>	<b>5</b>
<b>Recharge:</b> Our bodies and minds must rest and recharge in order to optimize our health. Getting a good night’s rest as well as recharging our mental and physical energy throughout the day are vital to well-being. Taking short breaks or doing something you enjoy or feels good for moments throughout the day are examples of ways to refresh.	<b>1</b>	<b>3</b>
<b>Food and Drink:</b> What we eat and drink can have a huge effect on how we experience life, both physically and mentally. Energy, mood, weight, how long we live, and overall health are all impacted by what and how we choose to eat and drink.	<b>2</b>	<b>5</b>
<b>Personal Development:</b> Our health is impacted by how we choose to spend our time. Aligning our work and personal activities with what really matters to us, or what brings us joy, can have a big effect on our health and outlook on life.	<b>2</b>	<b>4</b>
<b>Family, Friends, and Co-Workers:</b> Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being. Spending more time in relationships that ‘fuel’ us and less in relationships that ‘drain’ us is one potential option. Improving our relationship skills or creating new relationships through community activities are other options to consider.	<b>4</b>	<b>5</b>
<b>Spirit and Soul:</b> Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Connecting and aligning spiritually is very individual and may take the form of religious affiliation, connection to nature, or engaging in things like music or art.	<b>2</b>	<b>5</b>
<b>Surroundings:</b> Our surroundings, both at work and where we live, indoors and out, can affect our health and outlook on life. Changes within our control such as organizing, decluttering, adding a plant or artwork can improve mood and health.	<b>3</b>	<b>5</b>
<b>Power of the Mind:</b> Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping. Breathing techniques, guided imagery, Tai Chi, yoga, or gratitude can buffer the impact of stress and other emotions	<b>0</b>	<b>5</b>
<b>Professional Care:</b> “Prevention and Clinical Care” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health	<b>3</b>	<b>4</b>

### Reflections

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing?

*I have a hard time just getting through the day and night sometimes. I would be happier and able to relax. I would take better care of myself. I would have a job I like. No nightmares. Clear thinking. Would like to go back to school someday to get an MBA, but there is no way I could handle that right now.*

Are there any areas you would like to work on? Where might you start?

*With the pain and everything, it is hard. I hate my job. I want to get the spark back with my wife and exercise more. I stress eat. I smoke too much. I'd just like to feel good, for once.*

**After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.**

**PATIENT VIGNETTE: MELISSA (MEL) GALLAGHER**

Mel is a 42-year-old Air Force Veteran who served for four years. She has been seen in VA for 18 years. Her team includes a nurse practitioner and a psychologist. Her diagnoses include:

- Anxiety disorder, with a most recent PHQ-9 Score of 15 and Audit-C score of 2
- Diagnosed as a child with ADHD
- Obesity, with Body Mass Index of 32
- Sleep apnea
- Binge eating
- Gastroesophageal reflux disease (GERD) and irritable bowel syndrome (IBS)

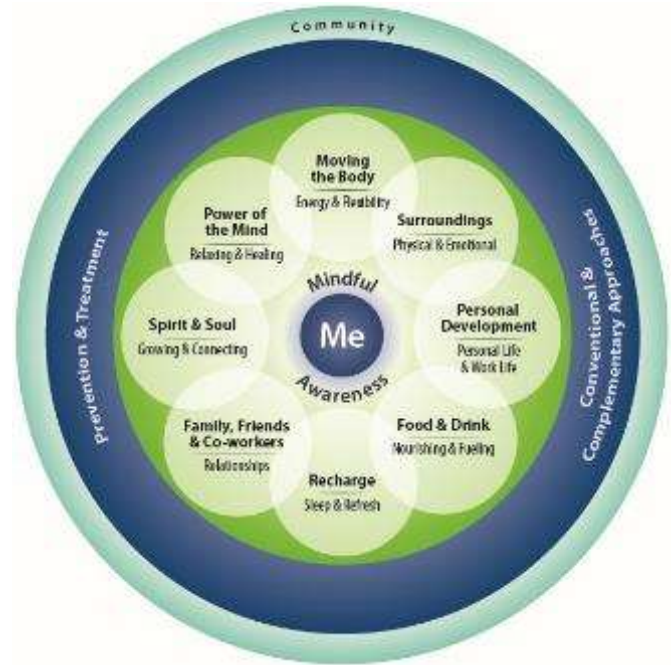
Melissa works from home. She is very close to her sister, who had a suicide attempt many years ago. She adores her nephew and niece. Her brother died in combat in Afghanistan. She has been encouraged by her primary care team to see a psychiatrist on several occasions, but refuses to, because she does not “want to be over-medicated” or judged.



# Personal Health Inventory-Melissa

Use this circle to help you think about your whole health.

- All areas are important and connected
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community



Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

Physical Well-Being				
1 Miserable	2	3	4	5 Great
Mental/Emotional Well-Being				
1 Miserable	2	3	4	5 Great
Life: How is it to live your day-to-day life				
1 Miserable	2	3	4	5 Great

**What is your mission, aspiration, or purpose? What do you live for? What matters most to you?**

Write a few words to capture your thoughts:

I want to feel safe leaving the house. I am afraid of everything - spiders, heights, evil clowns, regular clowns, other people. I love where I live, and I have a few online friends and I talk a lot to my nieces on the phone. I want to not be so afraid.

## Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be.” Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

Areas of Whole Health	Where I am Now (1-5)	Where I Want to Be (1-5)
<b>Moving the Body:</b> Our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Moving the body can take many forms such as dancing, walking, gardening, yoga, and exercise.	2	5
<b>Recharge:</b> Our bodies and minds must rest and recharge in order to optimize our health. Getting a good night’s rest as well as recharging our mental and physical energy throughout the day are vital to well-being. Taking short breaks or doing something you enjoy or feels good for moments throughout the day are examples of ways to refresh.	1	4
<b>Food and Drink:</b> What we eat and drink can have a huge effect on how we experience life, both physically and mentally. Energy, mood, weight, how long we live, and overall health are all impacted by what and how we choose to eat and drink.	2.5	5
<b>Personal Development:</b> Our health is impacted by how we choose to spend our time. Aligning our work and personal activities with what really matters to us, or what brings us joy, can have a big effect on our health and outlook on life.	2	5
<b>Family, Friends, and Co-Workers:</b> Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being. Spending more time in relationships that ‘fuel’ us and less in relationships that ‘drain’ us is one potential option. Improving our relationship skills or creating new relationships through community activities are other options to consider.	3	5
<b>Spirit and Soul:</b> Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Connecting and aligning spiritually is very individual and may take the form of religious affiliation, connection to nature, or engaging in things like music or art.	3	5
<b>Surroundings:</b> Our surroundings, both at work and where we live, indoors and out, can affect our health and outlook on life. Changes within our control such as organizing, decluttering, adding a plant or artwork can improve mood and health.	5	5
<b>Power of the Mind:</b> Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping. Breathing techniques, guided imagery, Tai Chi, yoga, or gratitude can buffer the impact of stress and other emotions	0	3
<b>Professional Care:</b> “Prevention and Clinical Care” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health	1	4

### Reflections

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing?

*Who else is going to be reading this? This is overwhelming. I would stop stress eating. I would be able to sleep instead of waking up worrying. I would have a dog, or maybe even a boyfriend. I would have “Power of my Mind” - don’t know what that is. I have wondered about getting more spiritual, but I don’t want to be kidnapped by a cult. I love to be active, but it is hard in my little apartment.*

Are there any areas you would like to work on? Where might you start?

*I want to reach a point where I can feel brave enough to go see my nieces in person instead of just Skyping. I would be in control of my fear and be able to trust that my body is as healthy as my nurse practitioner keeps saying it is. I would drive. I would leave the house to go shopping, instead of ordering everything online.*

**After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.**

## PERSONAL HEALTH PLAN (PHP)

*This template was created to help Veterans and their care teams consider the full array of areas that can potentially contribute to Whole Health care. It is not necessary to cover every topic featured here; consider it a list of options.*

**Personal Health Plan for:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Mission, Aspiration, Purpose (MAP):**

*What really matters to me...*

**My Long-Term Goals:**

**Strengths (what's going right already)/Challenges:**

## MY PLAN FOR SKILL BUILDING AND SUPPORT

(Based on the Circle of Health)

**Mindful Awareness:**

**Areas of Self-Care:**

(You don't necessarily need something for every category.)

- Moving the Body
- Surroundings
- Personal Development
- Food and Drink
- Recharge
- Family, Friends, and Co-Workers
- Spirit and Soul
- Power of the Mind



## **PROFESSIONAL CARE: CONVENTIONAL AND COMPLEMENTARY**

- Prevention/Screening
- Treatment (e.g. conventional and complementary approaches, active medications, and supplements)
- Referrals, Consults and Future Appointments
- Shared Goals

### **Community & Resources:**

(groups, classes and organizations that can support me)

### **My Support Team:**

(people who can support me)

### **Next Steps (Follow Up):**

**Please Note:** This plan is for my personal use and does not comprise my complete medical or pharmacological data, nor does it replace my medical record.

## WHOLE HEALTH IMPLEMENTATION

### EXAMPLES OF IMPLEMENTATION STRATEGY TOPICS

**Big question:**

How can you support your team or site with pre-existing Whole Health goals?

**Examples:**

- Incorporate mindfulness at team meetings/huddles (educate colleagues)
- Use the PHI or Circle of Health with Veterans—individually, in groups, or as part of group medical visits or classes
- Form a Whole Health group (for Veterans and/or staff) with rotating weekly topics
- Create a pilot with Veterans to test rollout
- Collaborate with key partners at your facility
- Develop an updated resource list with referral information (including CIH info)
- Explore documentation options on the Electronic Medical Record (EMR)
- Enhance communication between different groups
- Form a facility Whole Health task force/interest group

## OUTLINE FOR TEAM IMPLEMENTATION DISCUSSION

The intention for this exercise is to **create clear and constructive action plans** which will be shared with your facility leadership, OPCC&CT leadership and other participants at this course. *(This is not a time to focus on frustrations and obstacles, but rather to empower solutions for your team and your facility.)*

**Using the template on the following page and designating a team volunteer to record notes, please:**

- Discuss and list your ideas/strategies for implementing Whole Health into your work teams.
- Identify clear goals and action steps.
- What will be your timeframe?
- Who will take responsibility for various action steps?
- How will you know that you are successful?
- For sustainable change toward Whole Health, what support do you need from:
  - ✓ Yourself
  - ✓ Your co-workers
  - ✓ Your supervisor
  - ✓ Your facility leadership
  - ✓ Office of Patient Centered Care & Cultural Transformation (OPCC&CT)

**The completed template should provide a summary document** describing the changes in which you would like to be actively involved in bringing to your organization. The template will be submitted to the Whole Health POC and leadership at your site at the end of this exercise.

Please also designate a team spokesperson who will provide a brief oral report to the large group on your plans after the team work time, and serve as the point of contact.

## WORKSHEET FOR TEAM IMPLEMENTATION DISCUSSION

This exercise is an opportunity to identify the ways in which you will apply what you have learned at the Whole Health for Mental Health course, in support of Whole Health transformation.

As a group, select a team recorder to write up notes and a team spokesperson to provide a brief oral summary of your plans. (Same person is OK!) As a team, create a summary of the actions you will take to advance your practice and/or program toward Whole Health. This worksheet will be shared with your site's Whole Health POC and leadership.

**WORK TEAM TITLE:**

**WORK TEAM MEMBERS** (please note who is serving at Point of Contact and Recorder):

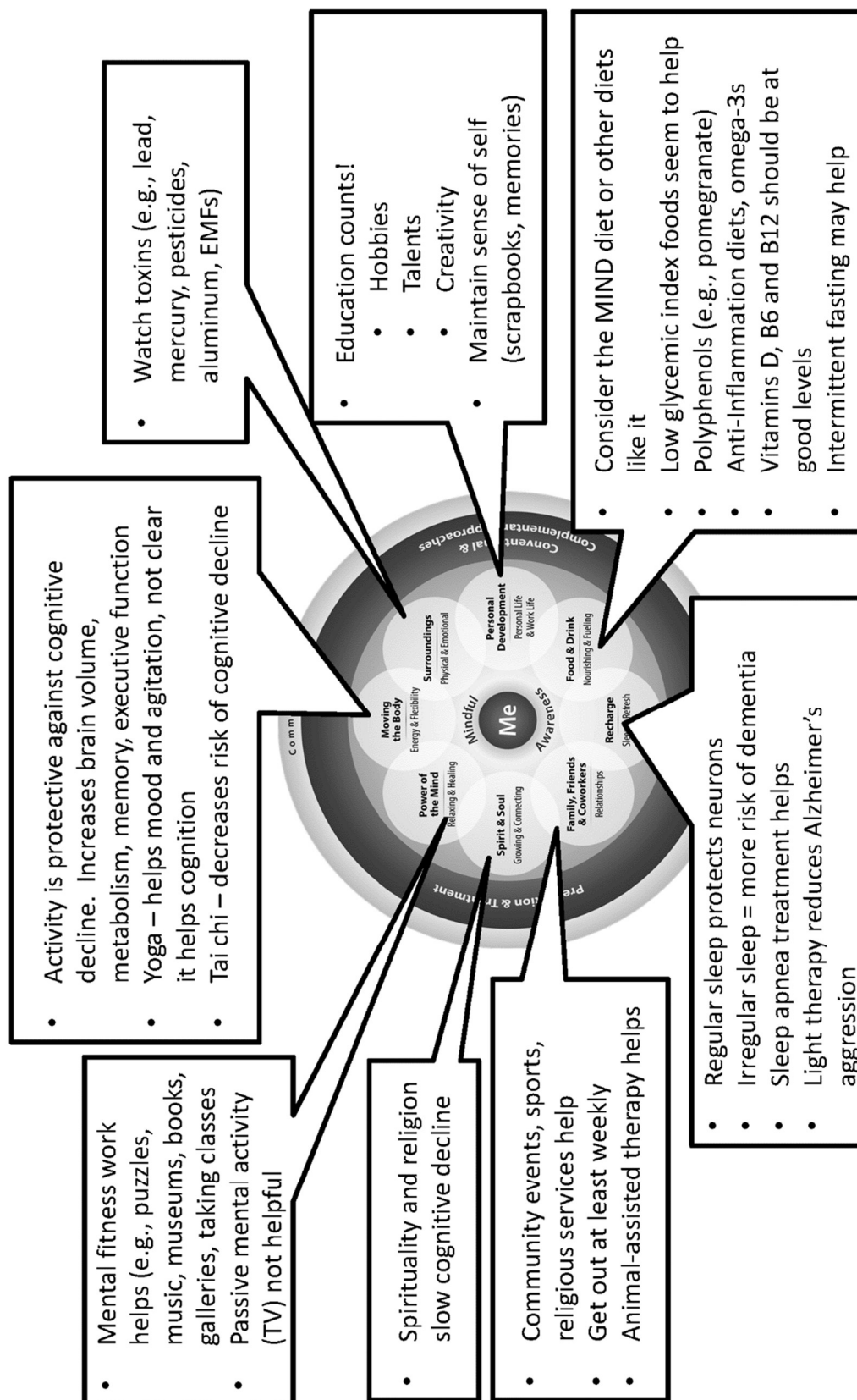
GOAL(s)	ACTION STEPS (to achieve each goal)	TIME FRAME	RESPONSIBLE ROLES	MEASURES OF SUCCESS	SUPPORT NEEDED

## WHOLE HEALTH FOR MENTAL HEALTH: SELF-CARE AND PROFESSIONAL CARE AT A GLANCE

Please see the following pages for:

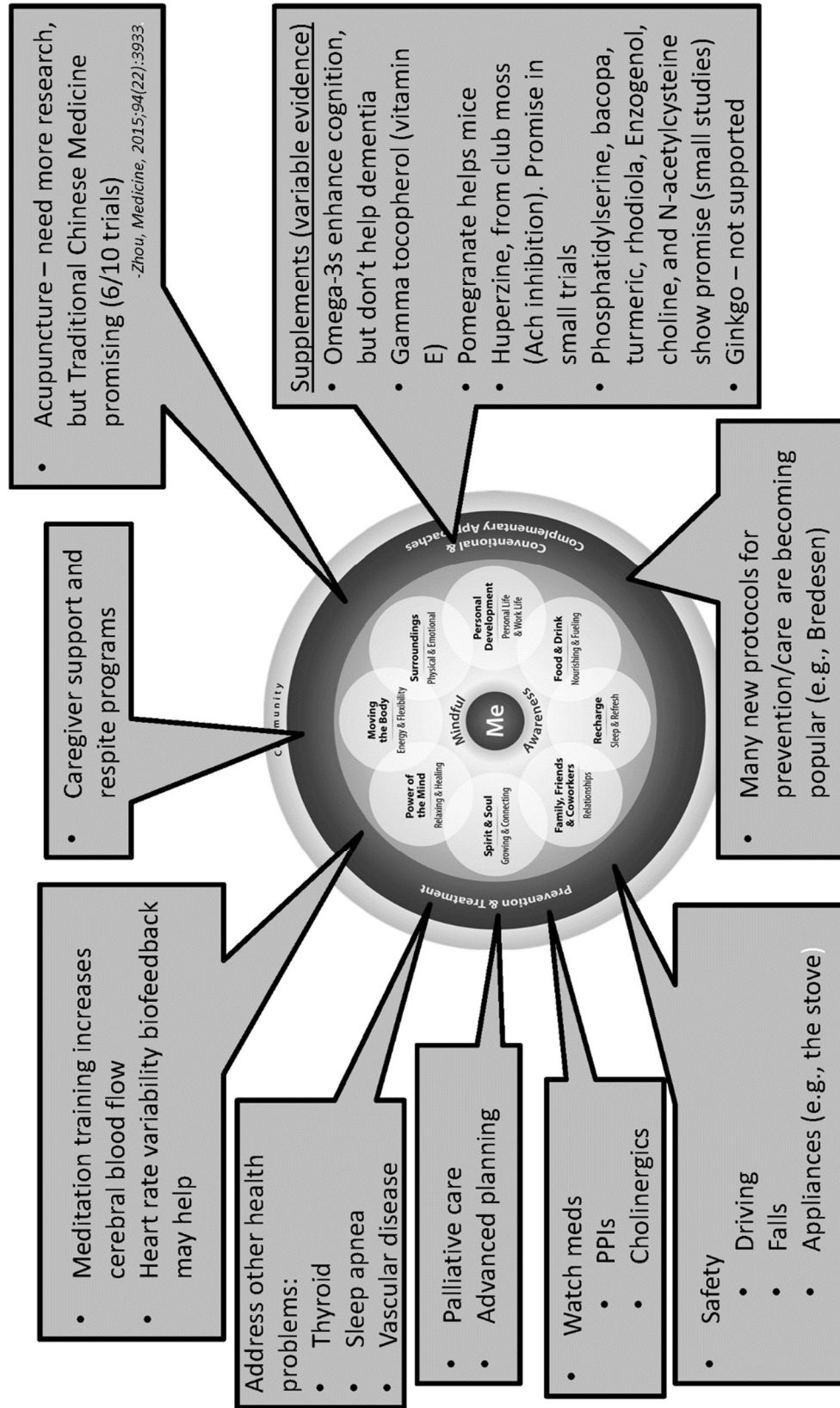
- Memory: Self-Care Options
- Memory: Professional Care
- Adult ADHD: Self-Care Options
- Adult ADHD: Professional Care
- Schizophrenia: Self-Care Options
- Schizophrenia: Professional Care
- Depression: Self-Care Options
- Depression: Professional Care
- Substance Use: Self-Care Options
- Substance Use: Professional Care
- Anxiety: Self-Care Options
- Anxiety: Professional Care
- Social Determinants of Whole Health Part 1
- Social Determinants of Whole Health Part 2
- PTSD: Self-Care Options
- PTSD: Professional Care

# Memory: Self-Care Options



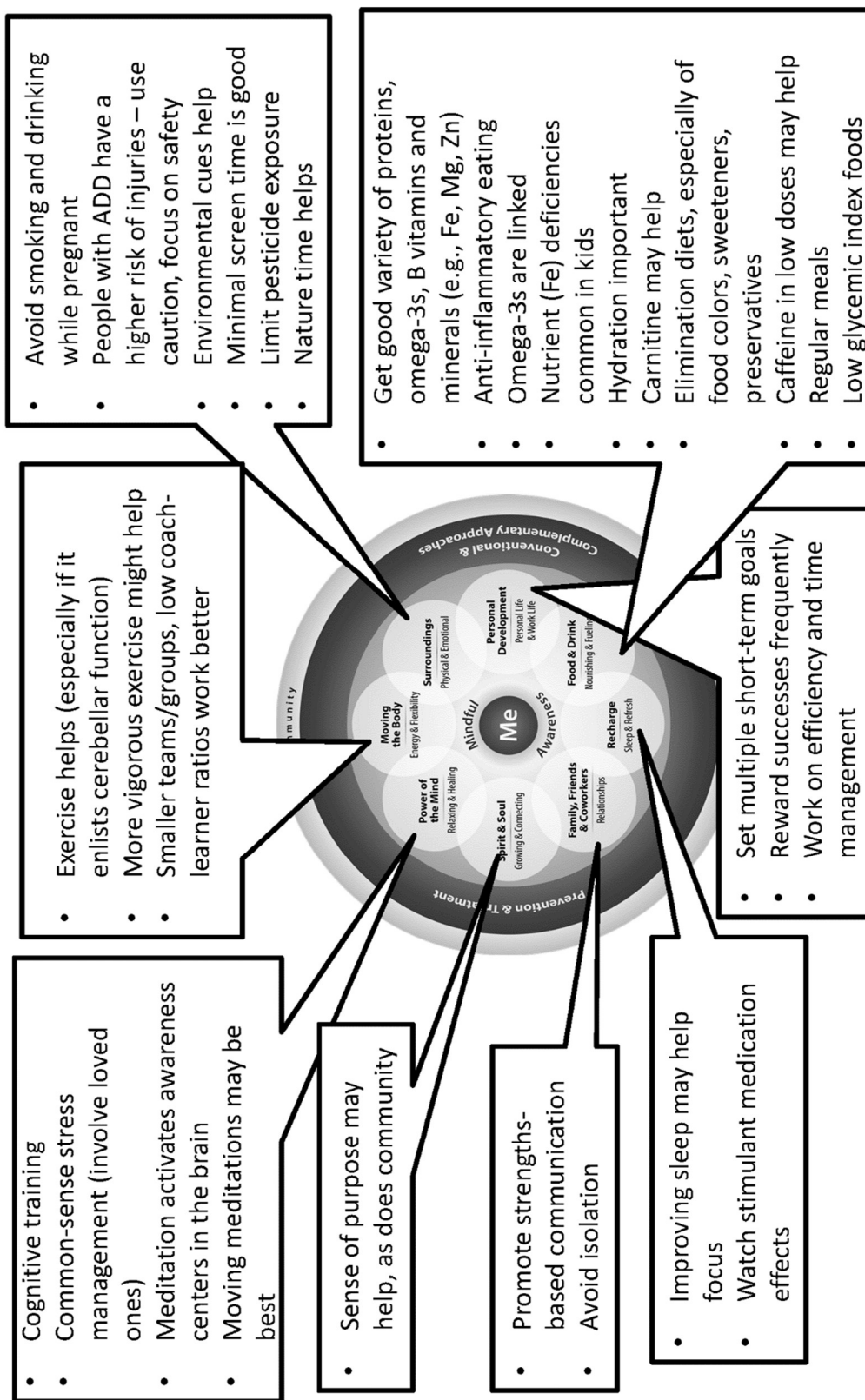
Kogan M, Alzheimer Disease. In Rakel D, ed. *Integrative Medicine*, 4<sup>th</sup> ed, Philadelphia: Saunders, 2017.

# Memory: Professional Care



Kelly TJ, Serruya M. Integrative Approaches to Cognitive Decline. In Monti D, Newberg A, eds. *Integrative Psychiatry and Brain Health*, 2<sup>nd</sup> ed, New York: Oxford University Press, 2018.

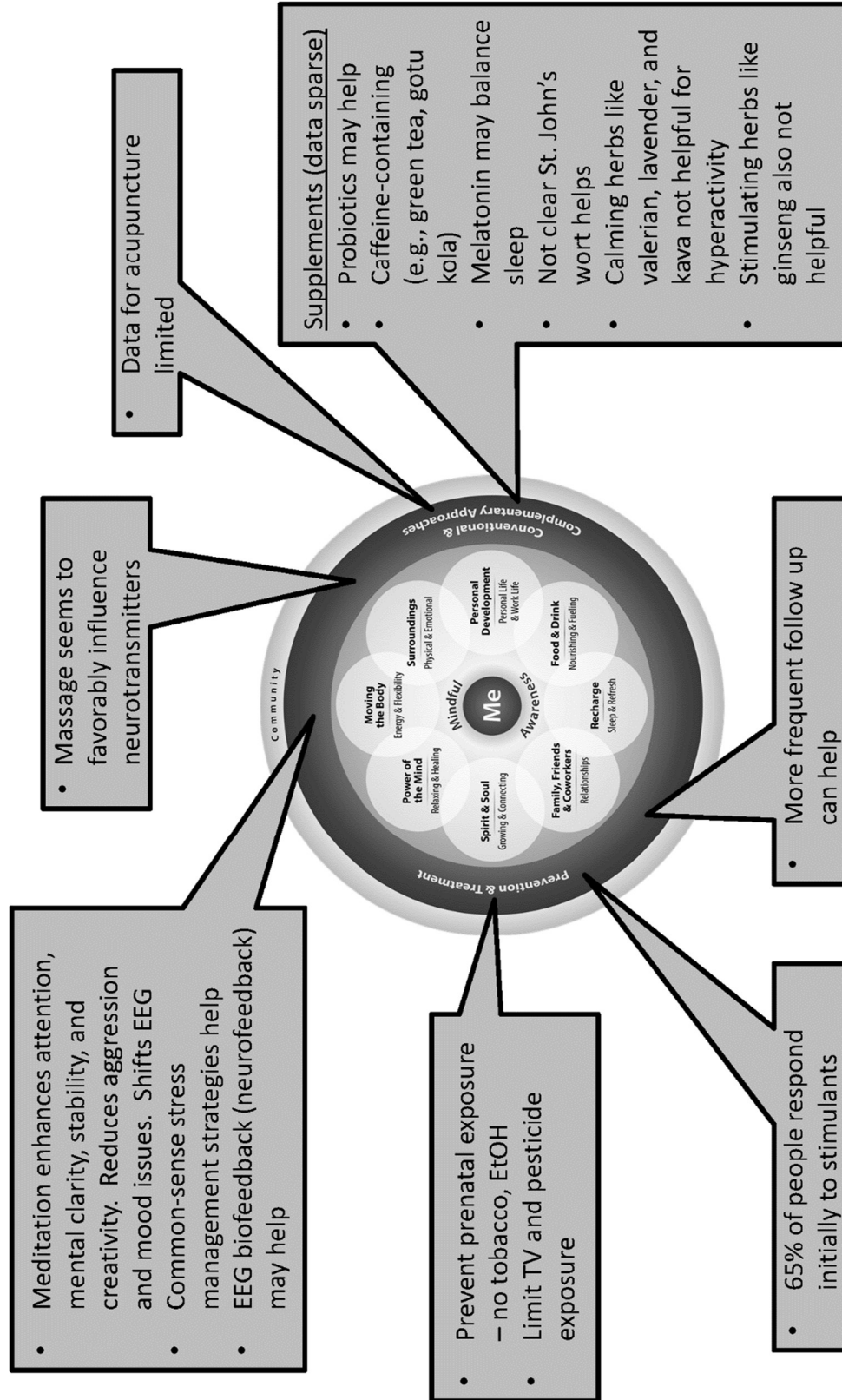
# Adult ADHD: Self-Care Options



Sawmi A, Kemper K. Attention Deficit Disorder. In Rakes D, ed. *Integrative Medicine*. 4<sup>th</sup> ed, Philadelphia: Saunders, 2017.



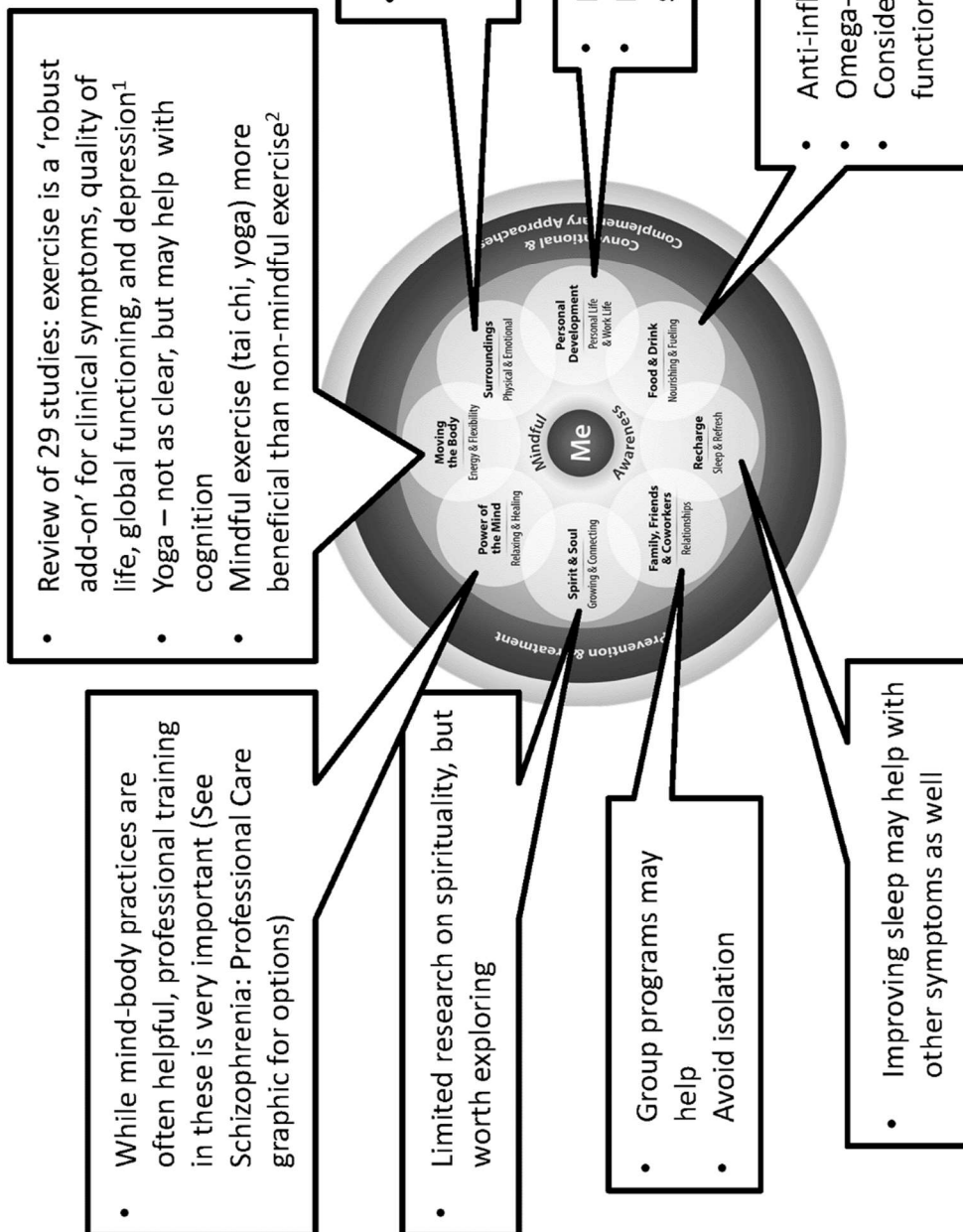
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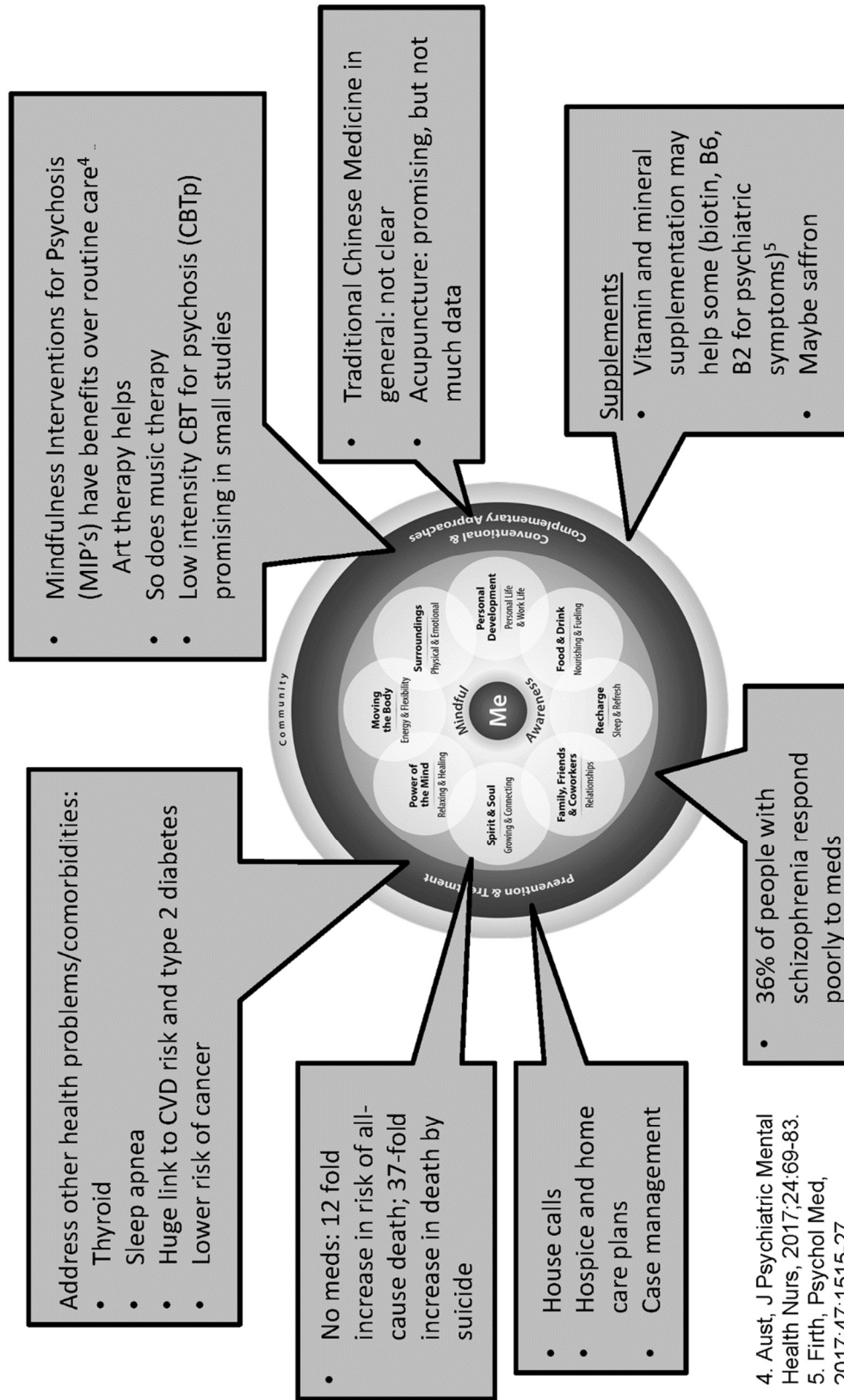
# Schizophrenia: Self-Care Options

1. Dauwan, Schizophrenia Bull, 2016;42(3):588-99
2. Li, Complement Ther Clin Pract, 2018;32:17-24
3. Fuglewicz, Ad Clin Exp Med, 2017;26(6):1031-6



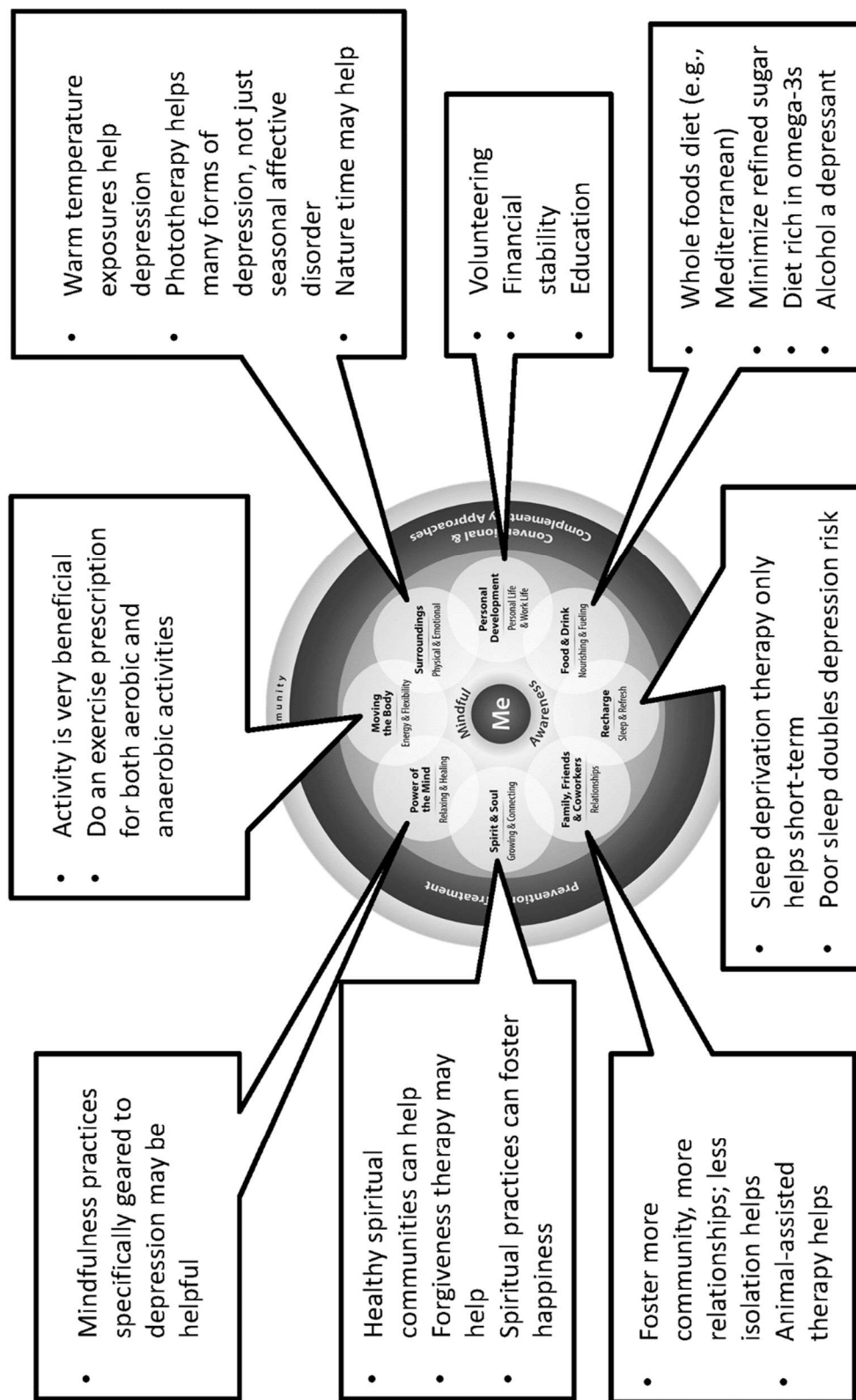
Information compiled from a number of sources. See references in slides for items not cited in this diagram.

# Schizophrenia: Professional Care



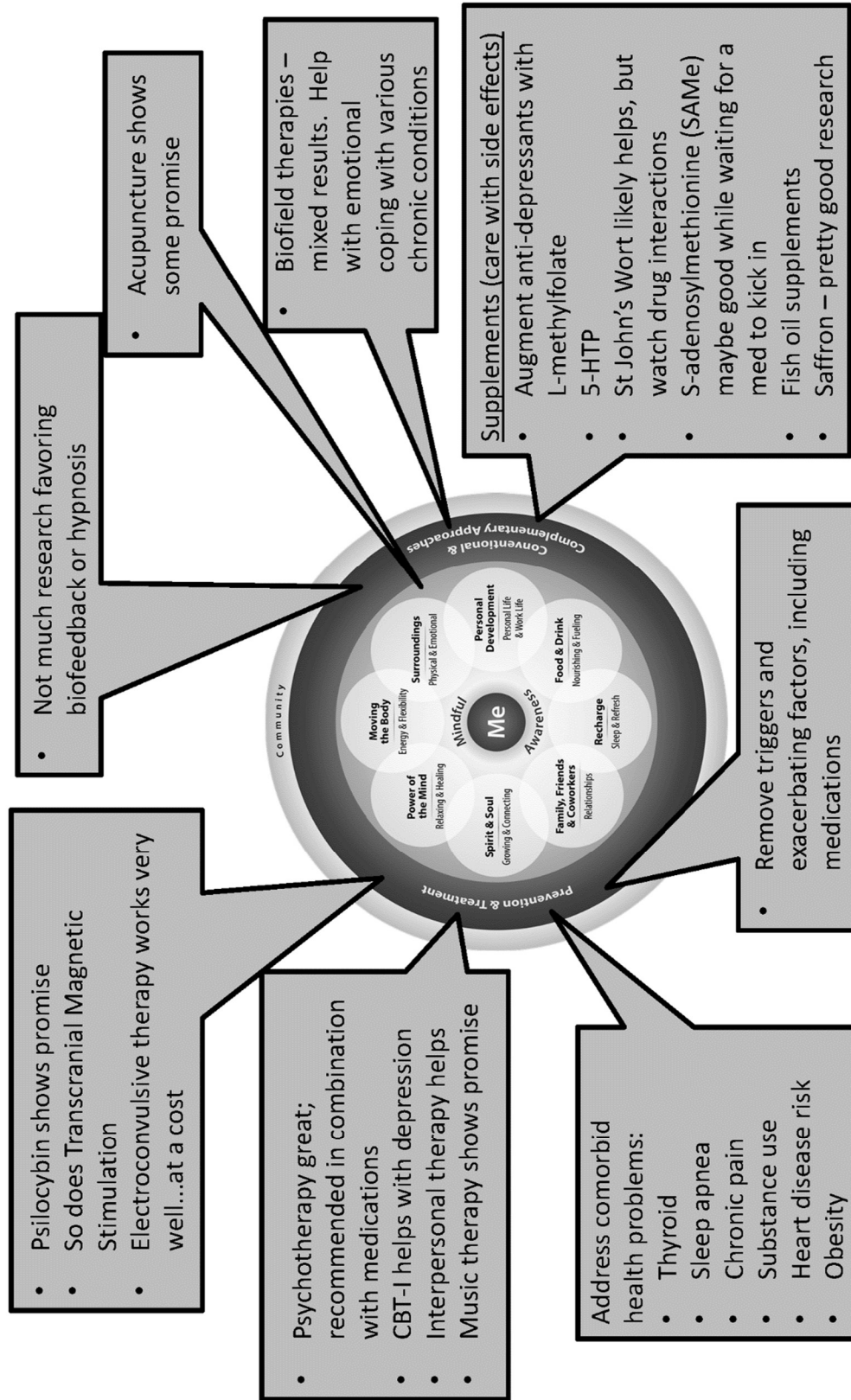
Information compiled from a number of sources. See references in slides for items not cited in this diagram.

# Depression: Self-Care Options



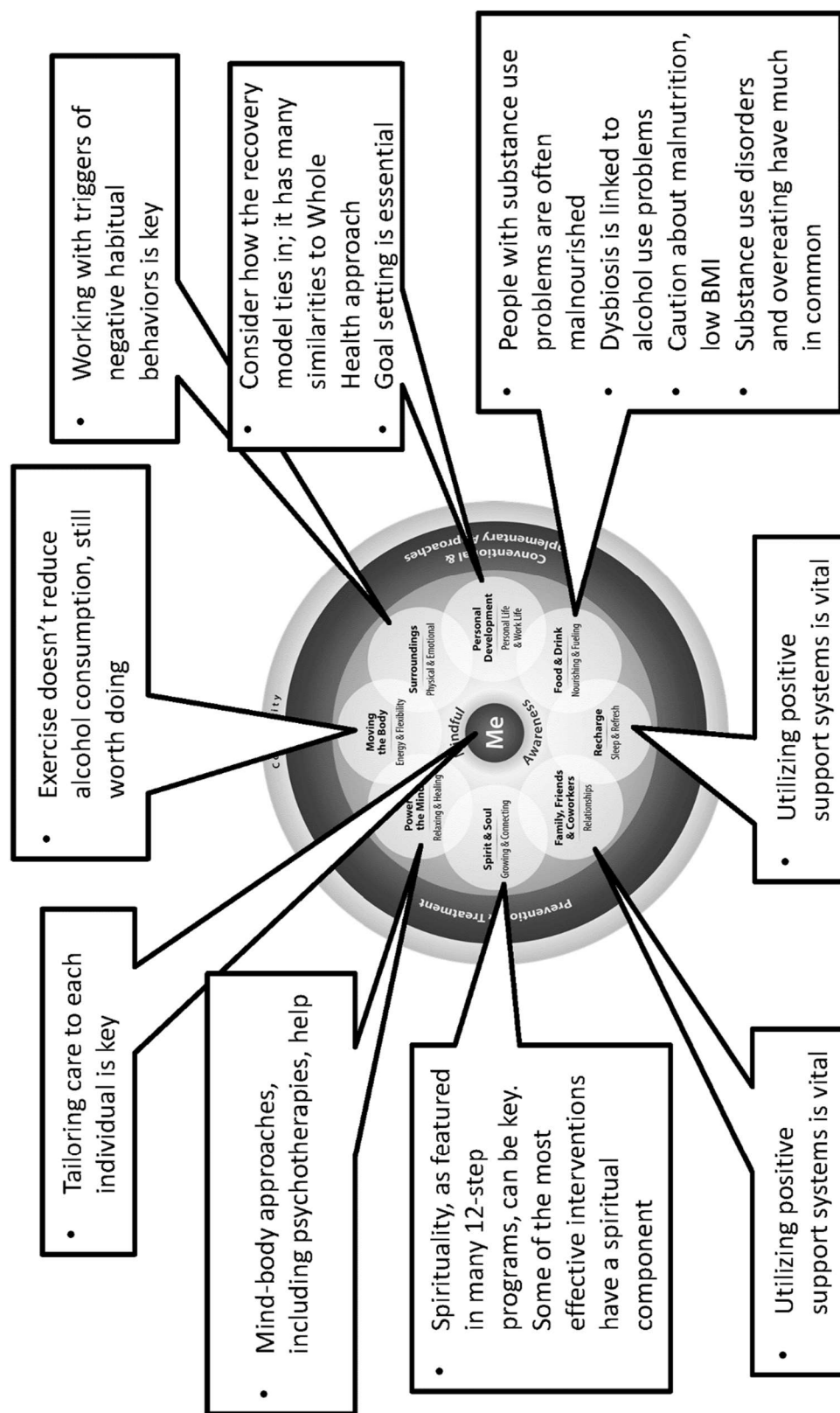
Schneider C, Wissink T. Depression. In Rake D, ed. *Integrative Medicine*. Philadelphia: Sanders, 2017.

# Depression: Professional Care



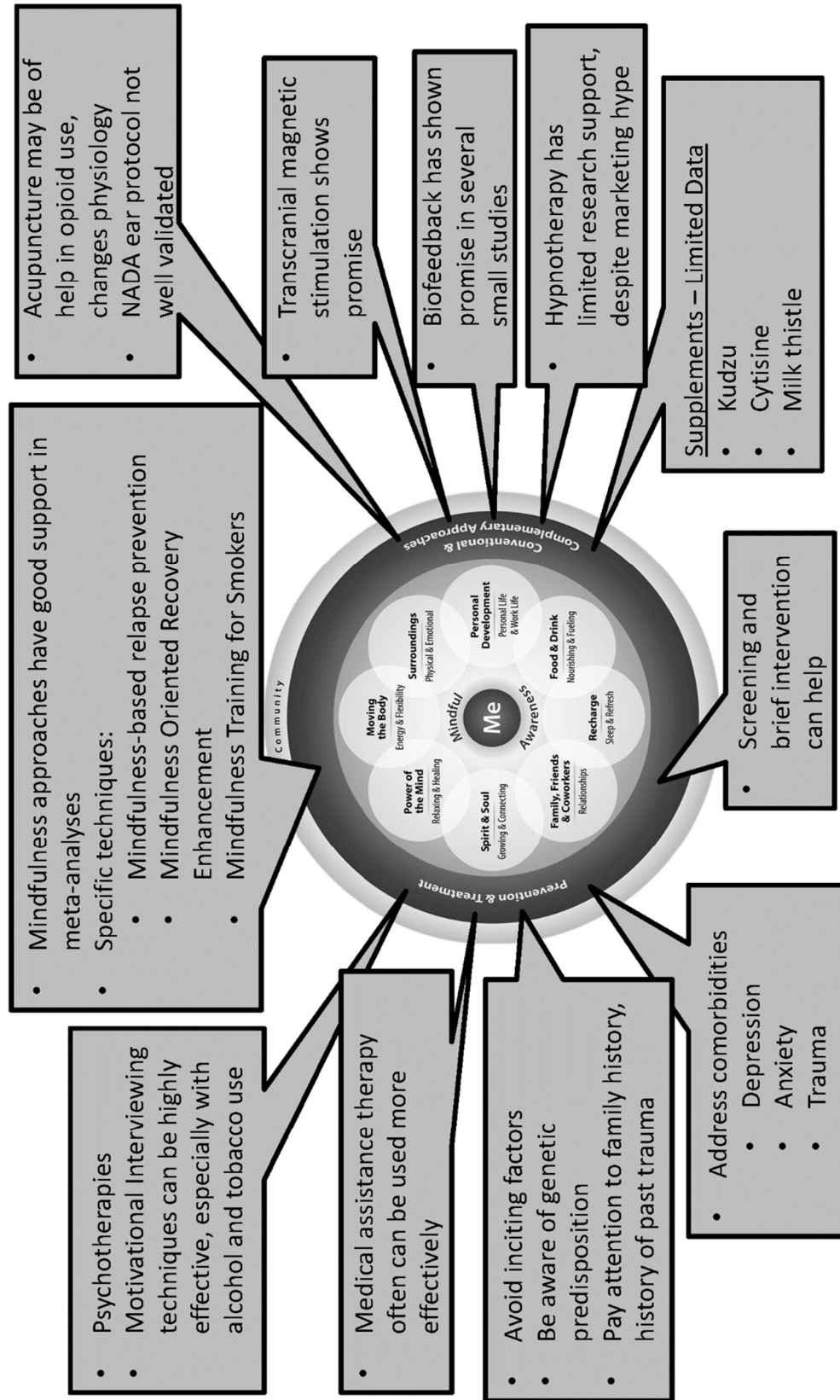
Schneider C, Wissink T. Depression. In Rakel D, ed. *Integrative Medicine*. Philadelphia: Sanders, 2017.

# Substance Use: Self-Care



Whole Health Library, Substance Use overview, <https://wholehealth.wisc.edu/professional-care/substance-use/>

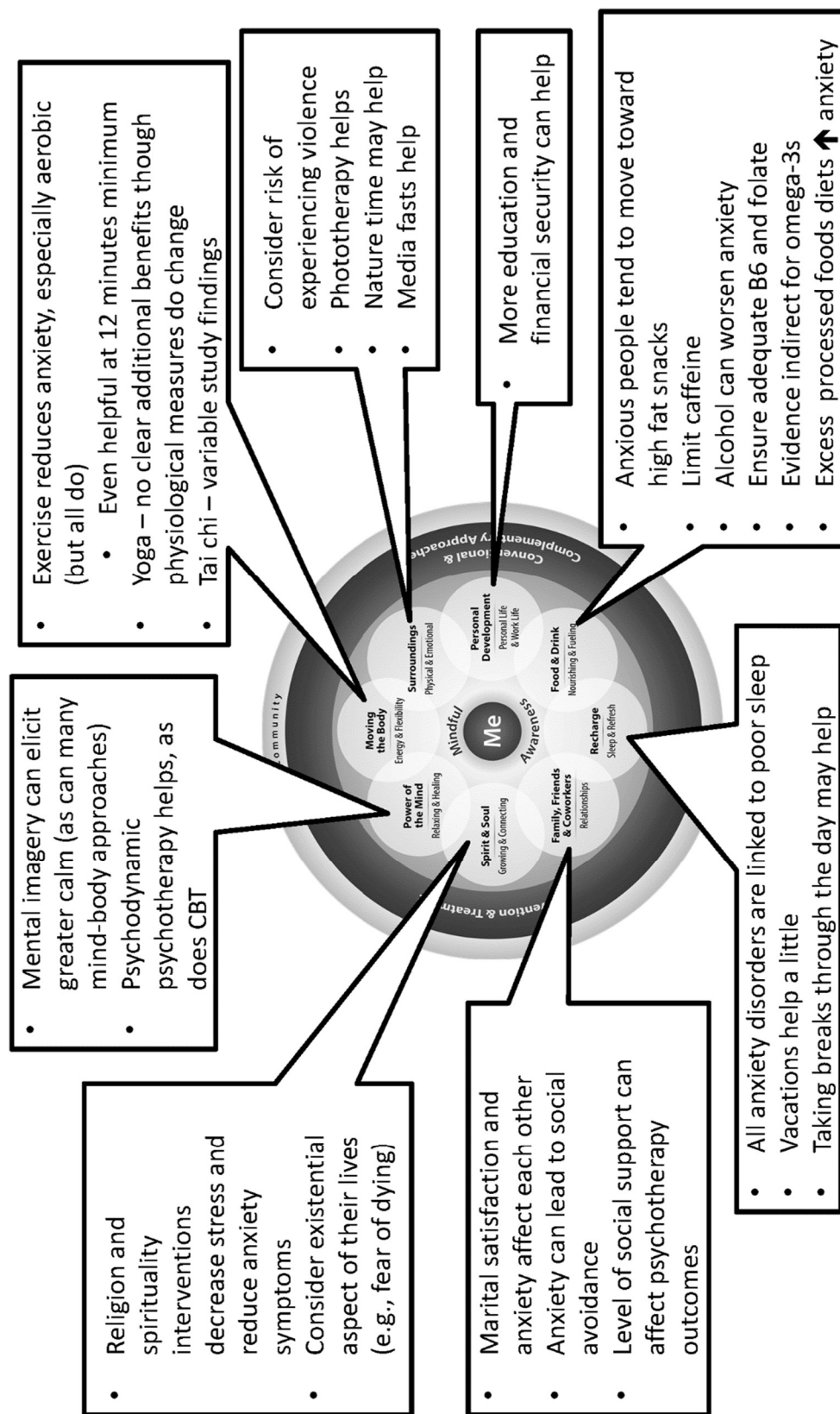
# Substance Use: Professional Care



Whole Health Library, Substance Use overview, <https://wholehealth.wisc.edu/professional-care/substance-use/>



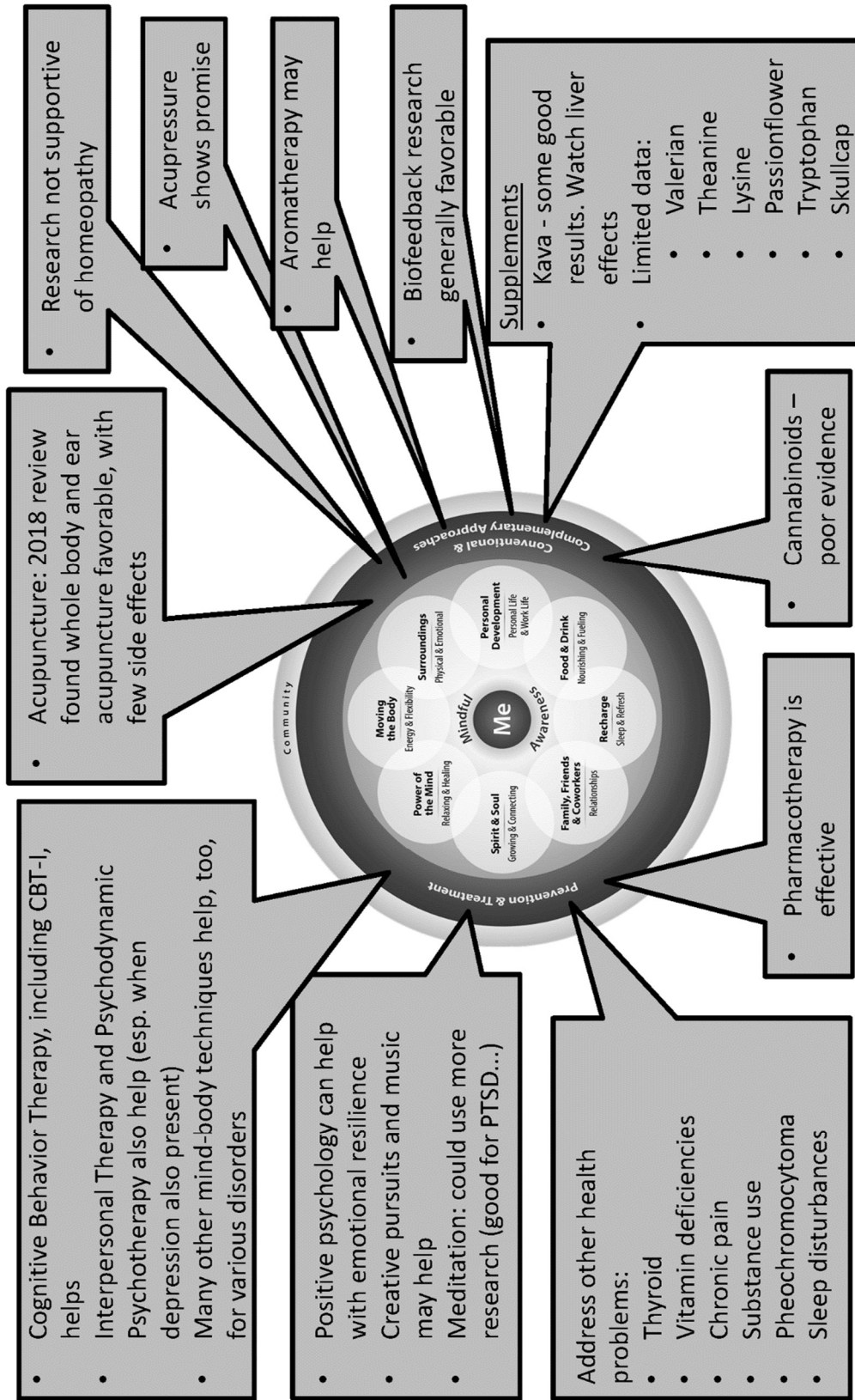
# Anxiety: Self-Care Options



Whole Health Library, Anxiety, <https://wholehealth.wisc.edu/tools/anxiety/>

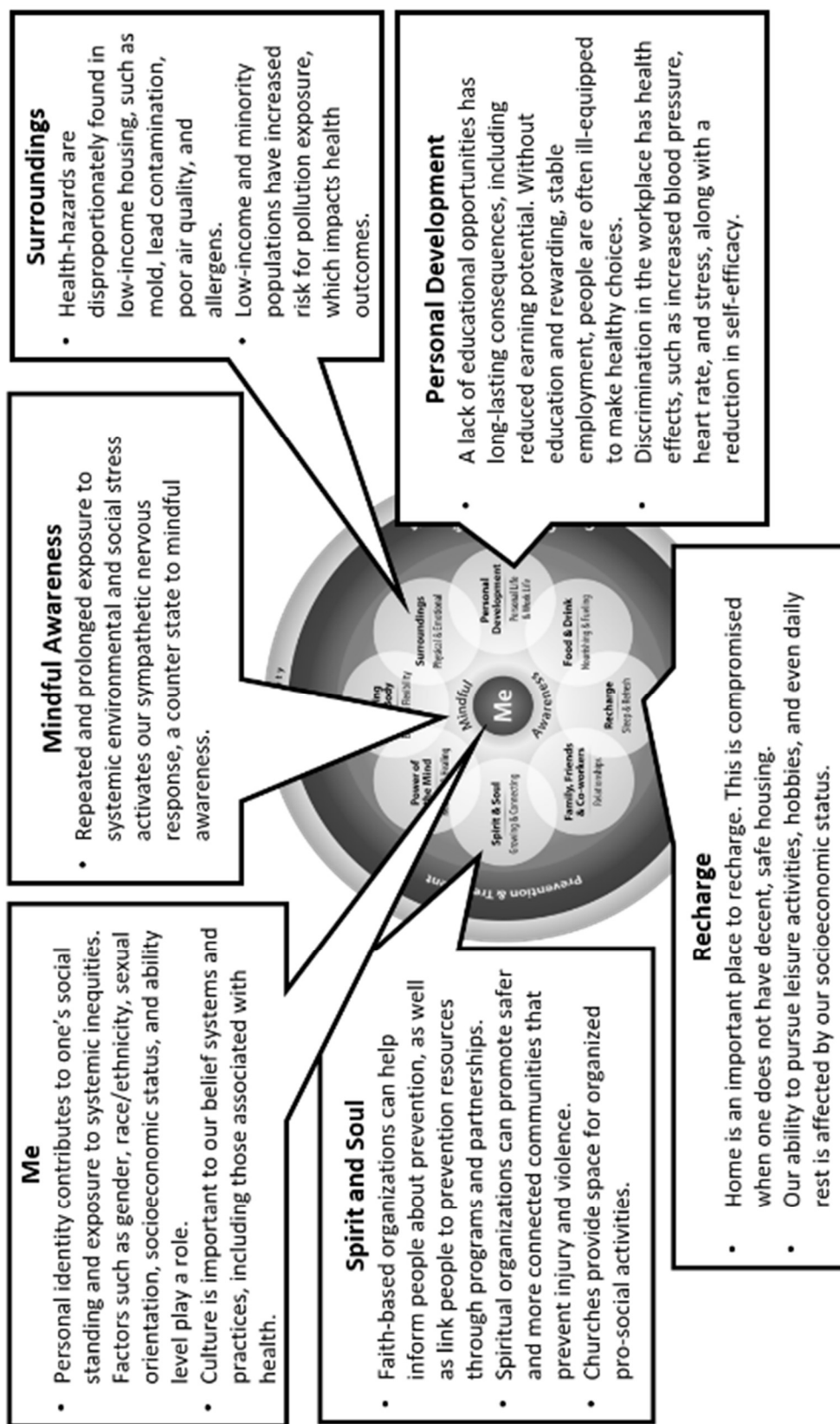


# Anxiety: Professional Care



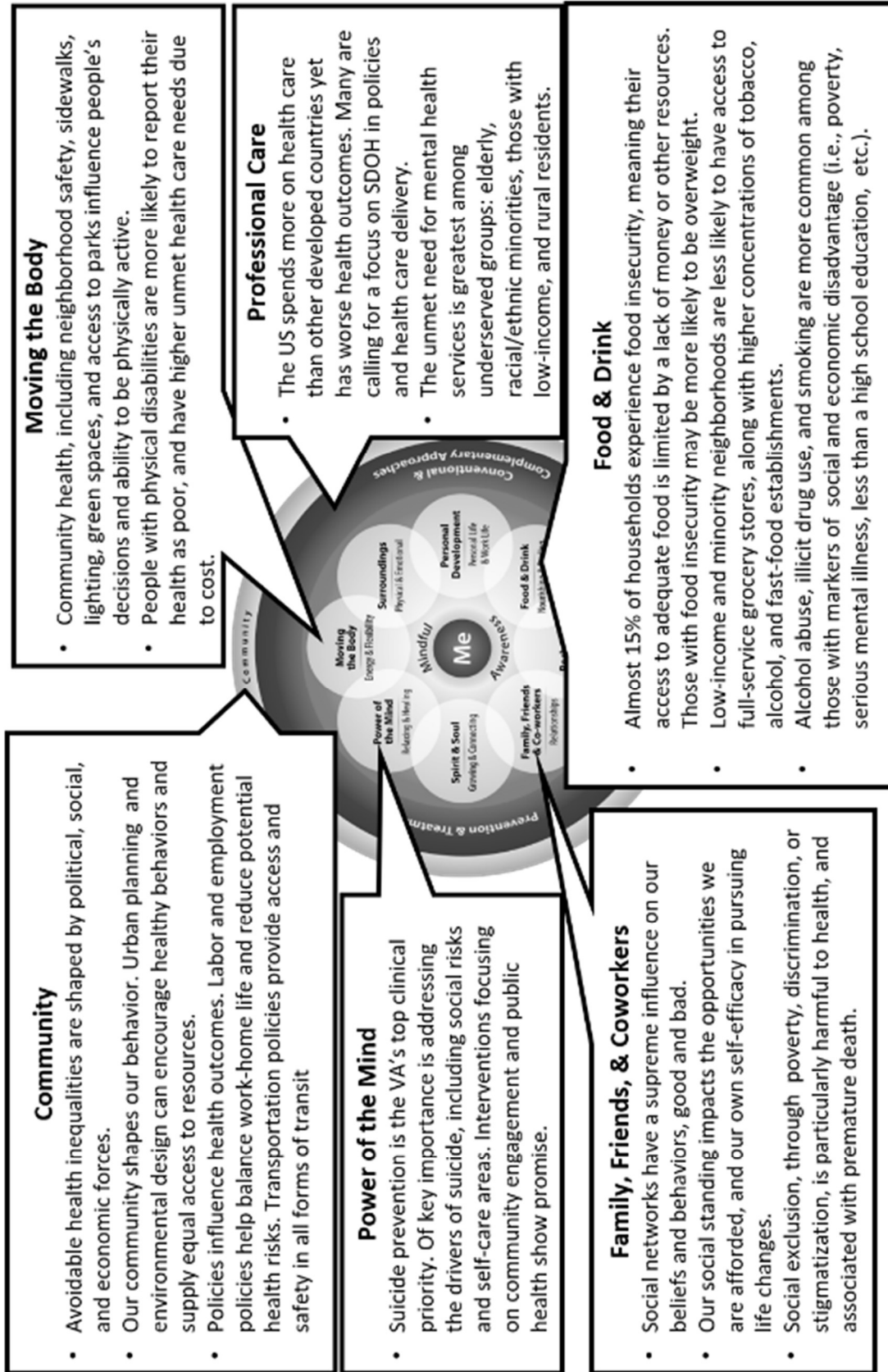
Whole Health Library, Anxiety, <https://wholehealth.wisc.edu/tools/anxiety/>

# Social Determinants of Whole Health Part 1



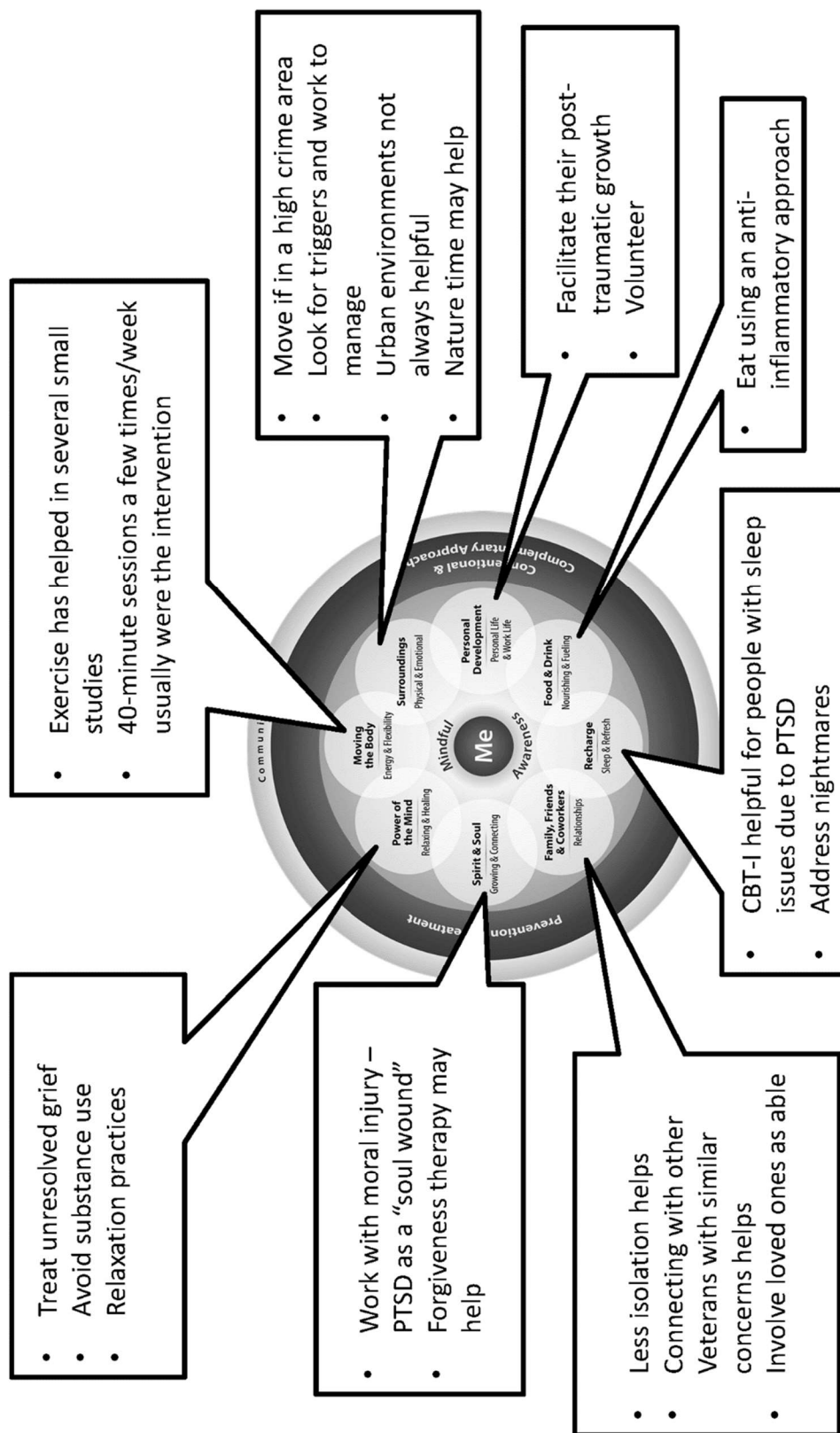
For more information, see USDHHS National Prevention Strategy (2011), Amer Action Forum (2018), WHO Closing the gap in a generation (2008), WHO SDOH: The Solid Facts (2nd ed).

# Social Determinants of Whole Health Part 2



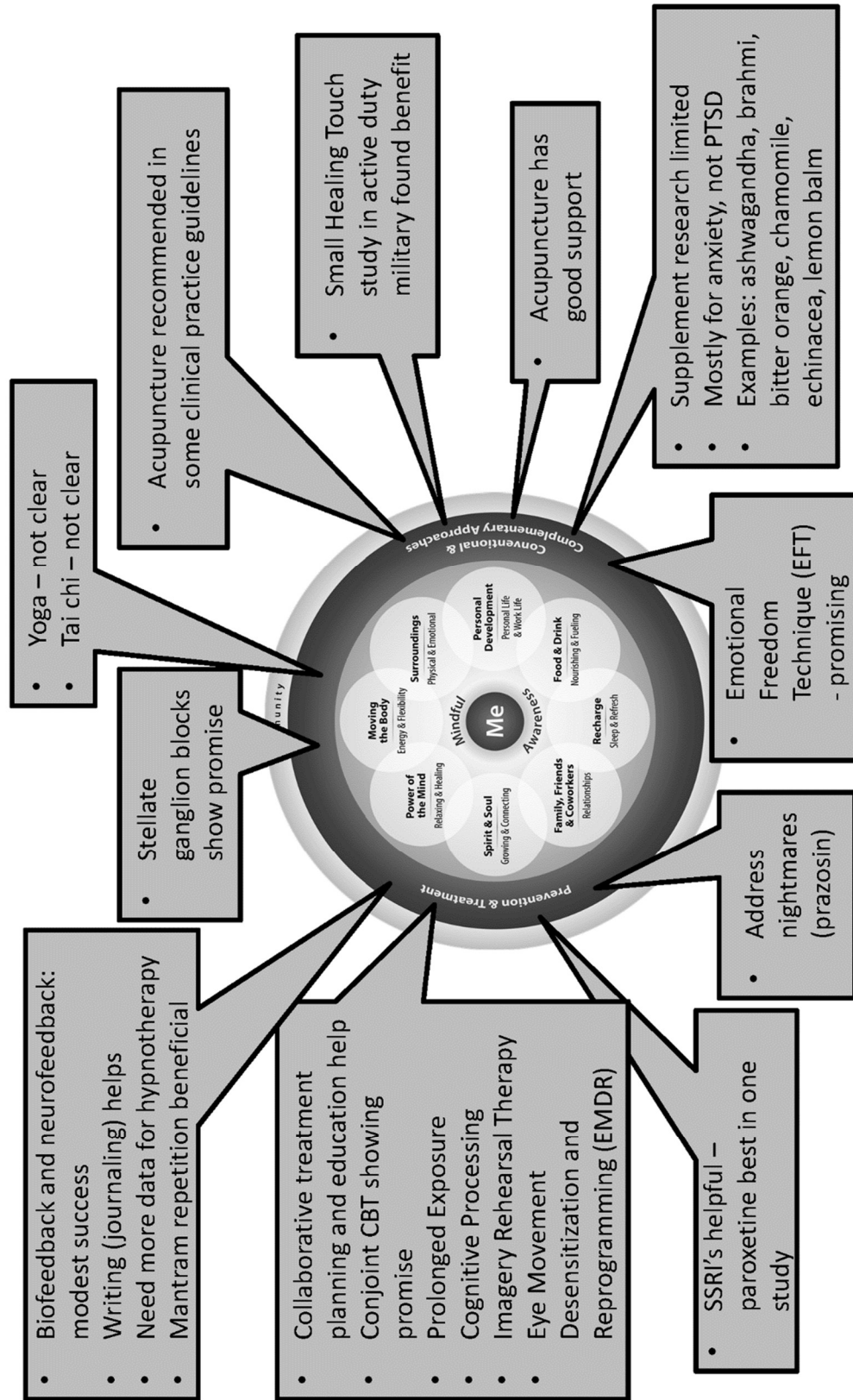
For more information, see [USDHHS National Prevention Strategy \(2011\)](#), [Amer Action Forum \(2018\)](#), [WHO Closing the gap in a generation \(2008\)](#), [WHO SDOH: The Solid Facts \(2nd ed\)](#).

# PTSD: Self-Care Options



Whole Health Library, PTSD overview, <https://wholehealth.wisc.edu/overviews/posttraumatic-stress-disorder-ptsd/>

# PTSD: Professional Care



Whole Health Library, PTSD, <https://wholehealth.wisc.edu/overviews/posttraumatic-stress-disorder-ptsd/>

## MINDFUL AWARENESS: JUST LIKE ME SCRIPT

“Realizing that the other person is also just like me is the basis on which you can develop compassion, not only towards those around you but also towards your enemy. Normally, when we think about our enemy, we think about harming him. Instead, try to remember that the enemy is also a human being, just like me.” –His Holiness the Fourteenth Dalai Lama

*The script:*

This person has a body and a mind, just like me.

This person has feelings, emotions and thoughts, just like me.

This person has in his or her life, experienced physical and emotional pain and suffering, just like me.

This person has at some point been sad, disappointed, angry, or hurt, just like me. (You can say these one at a time....)

This person has felt unworthy or inadequate, just like me.

This person worries and is frightened sometimes, just like me.

This person has longed for friendship, just like me.

This person is learning about life, just like me.

This person wants to be caring and kind to others, just like me.

This person wants to be content with what life has given, just like me.

This person wishes to be free from pain and suffering, just like me.

This person wishes to be safe and healthy, just like me.

This person wishes to be happy, just like me.

This person wishes to be loved, just like me.

*Now, allow some wishes for well-being to arise:*

I wish that this person have the strength, resources, and social support to navigate the difficulties in life with ease.

I wish that this person be free from pain and suffering.

I wish that this person be peaceful and happy.

I wish that this person be loved.

Because this person is a fellow human being, just like me.